



Walker's
HEATING & COOLING SYSTEMS
Complete Sales, Installation & Service

SCOTT NEILSON
705.457.2375
walkershvac.com

The Haliburton County



\$1.50 incl. GST

Publications mail agreement # 40063862

Tuesday, January 18, 2022

Total 24 pages

"IF YOU ARE SEEKING OR SELLING A TROPHY PROPERTY, CALL PETER BRADY, BROKER OWNER"

705-457-8899
705-935-8888

Trophy Property Corp.
www.trophypropertycorp.com



Large Selection Of Heaters, Furnace Accessories & Clothing, To Keep You Warm All Winter Long

OPEN 7 DAYS A WEEK

Haliburton
705-457-1402
Appliance Centre
705-457-2912
homehardware.ca
Appliance Centre is closed
Sunday & Monday

Proposed tax rate lowered to 5.5%

DARREN LUM

Editor

Dysart et al is looking to keep its rate-payers with the lowest tax rate in Haliburton County after agreeing to a proposed municipal tax levy of 5.5 per cent following a meeting to discuss the second draft of the budget, held virtually on Friday, Jan. 14.

This latest proposed tax rate is a reduction from the 7.56 per cent increase initially proposed after the first draft was discussed.

Dysart et al treasurer Barbara Swannell wrote in an email this reduction was from a combination of an increase to revenue by \$129,107 due to provincial grants and user fees, a decrease to expenses by \$42,691 due to projected lower municipal operating costs, and a decrease to capital projects by \$40,000 due to completion of capital projects ahead of schedule.

The increase translates to \$16.35 more on an assessment for a \$100,000 residential property, \$24.24 per \$100,000 for commercial property and \$28.09 per \$100,000 for industrial property.

During the meeting, Swannell told council that Dysart residents pay the lowest

see **PROPERTY** page 1



Sliding into winter

Four-year-old Arlo Green extends his arms out in an attempt to stay upright after skiing through the hoop during the first instructional Nordic skiing Jackrabbit program session for the season on Saturday, Jan. 15 at Glebe Park in Haliburton. See more photos on page 14. /DARREN LUM Staff

Board announces new protocols for in-school return

NICK BERNARD

Staff Reporter

The following are brief reports on items discussed at the Trillium Lakelands District School Board trustees meeting, held on Jan. 11.

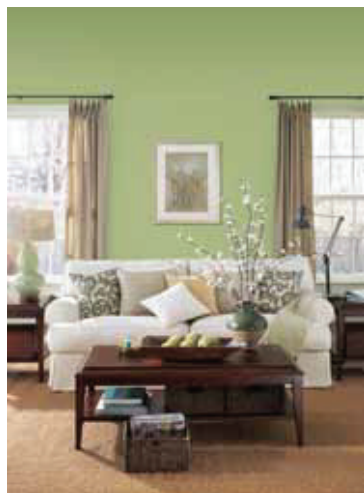
TLDSB director Wes Hahn's first update for the year characterized an eventful return to school for the new year, alluding to the delayed return to classes and the pivot between online learning and the return to in-person classes as of Jan. 17.

"Obviously the return to school has been eventful and, again, filled with change and increased anxiety for staff and families, and that does not go unrecognized by us," he said. "Obviously the increase in cases and the hospitalization rate has dictated a lot of what we're dealing with right now."

Hahn described a number of new measures in place across the board, including a fresh shipment of HEPA filters, new masking protocols, and a new screener for staff and students, which Hahn says will be even more important, following the Ontario government's suspension of COVID case reporting in schools.

"We will look at a number of factors with public health guidance over the next number of days, and at this time there is no collection or reporting of COVID data and cases from public health – that's been clearly stated. And there's been no further Ministry direction on that," Hahn said. "And I think that's really important for us to know."

According to the TLDSB COVID-19 see **SCHOOL** page 2



- EXPERT ADVICE
- PERSONAL SERVICE
- QUALITY PRODUCTS



AIR MILES.



We have the perfect colour match to redecorate any room

A New Room In Every Can

For a smooth, rich finish of exceptional beauty, depend on MANOR HALL® premium interior latex paints. The washable, durable finish makes Manor Hall ideal for walls, ceilings, doors and trim.

Highly Scrubbable
Provides A Rich Finish
Excellent Coverage



Test positivity rates, outbreak reports being monitored by health unit

SUE TIFFIN

Staff Reporter

The following are brief reports from a Haliburton, Kawartha, Pine Ridge district health unit press conference with medical officer of health Dr. Natalie Bocking, held virtually on Jan. 12.

There have been 4,858 cases of COVID-19 confirmed in the region, with 1,124 lab-confirmed active cases of COVID-19 at the time of the media briefing. Bocking reminded the public that changes to provincial guidance for testing impacts the day-to-day numbers in that not everyone with symptoms of COVID-19 will be tested.

"We know that the number of active cases on our dashboard is not reflective of the actual number of COVID-19 cases in the community," Bocking said. Currently only those who are symptomatic and work or live in high-risk settings, including long-term care facilities, retirement homes, shelters and correc-

tional institutions; hospitalized patients and some patients in emergency departments; underhoused or homeless; Indigenous people and those travelling into Indigenous communities for work and elementary and secondary students and education staff who have received a PCR self-collection kit through their school can obtain a PCR test.

"While I can share a number on our dashboard of the lab-confirmed cases, it doesn't include the whole burden of COVID-19 the community is currently experiencing," Bocking said. "That being said I think it's still a proxy measure, or indicative of COVID-19 activity in the community. Yes, it's a smaller portion of the population that is accessing these tests, but if those numbers are still high, it's still signifying that there's a lot of COVID-19 activity in the community."

Bocking said there are other measures that can be looked at to determine when there is decreased activity overall, including test positivity – the proportion of tests that are positive from those being tested. On Jan. 4, the test positivity rate in the region was at around 22 per

cent. Another measure, said Bocking, is the number of outbreaks in a community – as of Jan. 12, there were 30 outbreaks that had been declared, 15 of those at long-term care homes, none in Haliburton County. Outbreaks in higher risk settings – long-term care homes, retirement homes, correctional institutions – are being reported, but not outbreaks in other settings such as with hockey teams, said Bocking.

By the numbers

Of those case numbers being reported, 30 per cent of confirmed cases have been identified in young adults between the ages of 30 and 39.

In the 14 days prior to last week's media briefing, 14 individuals have been admitted to hospitals – eight of those individuals are 70 or above, with the higher risk of needing hospital admission still among older age groups. Two hospital admissions were among the age group of 10 to 19. Also in the last 14 days, three people have been admitted to the ICU, two were over the age of 70, one

was in the 60- to 69-year-old age group.

There had been five deaths over the last 14 days, all aged 70 and over.

Vaccination status

Among those admitted to hospital, Bocking said there have not been any hospital admissions among individuals vaccinated with three doses of COVID-19 vaccine. There have been several hospitalizations of those who have received two doses, which she said isn't a surprise, noting two doses aren't as effective against the Omicron variant as they were against the Delta variant.

Bocking said there continued to be good progress in people aged 70 and older accessing boosters. To date, 70.4 per cent of people aged 70 and over have received their booster.

Among the population 18 and older, 43 per cent have received their booster.

Bocking said while the vaccination of young or school-aged children had good uptake at first, "I wouldn't say that it stalled but the rate of increase has certainly levelled off."

School closures includes consultations with health unit

from page 1

response page, principals will be required to report school absences to the local public health unit if the absences in the school exceed 30 per cent of the school enrollment.

Hahn said that if absentee rates were too high at any particular school, that there was a plan in place to move classes online. He also acknowledged that there will need to be significant consultation between the board and individual principals and their staff, due to the unpredictable number of variables that would precipitate a school or class closure.

"We do have a process in place that we will make decisions based on those factors," he said. "It's not a decision we can make and blanket for all schools, because there are many factors that will determine whether we do that. And each school has unique situations that will either allow them to remain in-person or have to move [online]."

Hahn assured the board that, while the decision to close schools rested with the board, consultation with public health units would continue.

"If we ever had a question or a scenario or a situation that we just weren't sure of, we know that we can reach out to our public health units, and they've been excellent," he said. "But for the most part, this is now a decision that will be made by us because the data and the contact tracing is not being done by public health, so it will be left to us to manage – from a school perspective – the safety and well-being of staff and students."

He added that asynchronous learning – that is, learning without a live teacher – was available to schools that are open, but have students whose parents have decided to keep them home, or are sick, or are isolating from COVID-19. Assignments, activities, and tasks will be made available for those students on their online classroom platform.

"This is new territory, and we certainly can't replace the work of a public health unit, especially multiple public health units, but we will do our very best to communicate that to families," Hahn said.

Schools will be providing high-quality, three-ply cloth masks to staff and students. PCR self-collection kits for students and staff will also be available

for those experiencing symptoms commonly associated with COVID-19 while at school. Rapid antigen tests will be provided to students as well, with elementary students and staff initially receiving two tests. According to TLDSB's website, secondary students will also receive rapid antigen tests at a later date. TLDSB's superintendent of learning, Jennifer Johnston, updated the board on an action plan for Indigenous education for the year, created by the board's Indigenous Education Advisory Committee to identify key goals for the board's Indigenous education portfolio.

Indigenous advisory committee plans for new year

The Indigenous Education Advisory Committee meets regularly to guide initiatives and activities in TLDSB schools, ensuring that Indigenous history and culture is honoured and celebrated with respect.

Johnston reported that staff had conducted training through the Elders in Residence program, as well as a presentation by Sherry Telford, who led a program called Gatherings for Truth and Reconciliation in partnership with Anne Taylor, cultural archivist from Curve Lake First Nation.

She also reported that members of the committee had a "robust conversation" about the Indigenous voluntary self-identification program that TLDSB has run for a number of years now. According to TLDSB's procedure on voluntary self-identification, the program's goal is to inform a more focused approach for programming and to facilitate efforts for increased resources for Aboriginal students.

"The voice of the committee courageously identified the feelings that some families may have when they are considering whether to voluntarily self-ID in the school system and the committee strongly voiced why we collect this data and for what outcome," Johnston told the board. "In truth, [TLDSB] hasn't fully leveraged the data we have collected, in terms of taking a look at our students and thinking about what is the intersection of that data

with student special education data, graduation rates, credit accumulation, etcetera."

Johnston said the board had seen a steady increase of self-identifications.

She went on to explain that the committee intends to make a plan to identify barriers that may exist for Indigenous students across the board, and find areas of education and programming where Indigenous students are being under-served.

"As a learning organization, I know director Hahn and I have spoken about

that commitment to establish a plan to regularly report back to our Indigenous education committee, and build goals to ... ensure that all outcomes are met for Indigenous students," she said. "All of that to say, I'm privileged to work with the Indigenous education committee, and the voices of our partners at that table are so instrumental to our strategic plan and board improvement and equity plan."

The full meeting is available to view at www.tldsb.ca/board/board-meetings.

Property values assessed from 2016

from page 1

tax rate compared to other municipalities. She cited 2021 data where the cost per \$100,000 worth of assessment for a residential property in Dysart was \$297.44. This is close to 12 per cent less than the Municipality of Algonquin, close to 29 per cent less than the Township of Minden Hills and close to 70 per cent less than the Municipality of Highlands East.

The tax base is composed of 95 per cent residential and the remaining five per cent commercial/industrial.

Swannell said residents in Dysart et al not only pay the lowest tax rate, but get the best value of all the municipalities for what they pay.

Dysart et al, she said, represents under 40 per cent of the assessment for all of Haliburton County.

"So we are responsible for many services and we have the lowest tax rate and our dollar is working harder for our ratepayers," she said.

Swannell recognizes the levy in Dysart has been going up the last five years.

"However, our assessment base has also increased a per cent over that time frame as well. Which, again, looking at more people moving to the area and that requires more services for our ratepayers," she said.

Swannell said the majority of the tax dollars go to environment, transportation and protection.

"So, those three areas that are absorbing 74 per cent of the municipal budget," she

said.

Councillor Larry Clarke asked about what the assessment rate was based on and wondered if the current real estate values, which have seen significant increases over the past few years, are factored at all. Swannell said, no, it was based on the 2016 CVA (current value assessment).

After the meeting, Swannell wrote in an email, "the Municipal Property Assessment Corporation (MPAC) is responsible for assessing and classifying all properties in Ontario in compliance with the Assessment Act and regulations set by the government of Ontario. In Ontario, property assessments are updated on the basis of a four-year assessment cycle. In 2016, MPAC updated the assessed values of Ontario's more than five million properties to reflect the legislated valuation date of Jan. 1, 2016. Assessments updated for the 2016 base year were in effect for the 2017-2020 property tax years. The 2016 CVA has since been extended to the 2021, 2022 and 2023 property tax years."

Dysart et al Mayor Andrea Roberts clarified at the outset of the meeting that at this stage nothing is definite.

"There is no rush to come to a final number or final decisions today. Today is, let's call it debate, or [for] more further questions or for the recommendations," she said.

Council will continue to discuss the third draft of the budget at a February meeting.



Free parking continues

Fees for parking at spots with parking pay and display units, as seen here, and parking meters will remain suspended until the province decides to return to Stage Three of the Roadmap to Reopen, which was decided by the Municipality of Dysart et al at the special meeting of council on Friday, Jan. 14, held virtually. This decision was made to help local businesses by encouraging visitors and local shopping. The fees at pay and display units and parking meters in Haliburton are suspended each year from Nov. 11 to the second week of January to promote local shopping. Last year, the Emergency Control Group decided to keep parking meters covered until April 1. /DARREN LUM Staff

Haliburton County council hopes to reduce proposed tax increase

STEPHEN PETRICK

Special to the Echo

Haliburton County councillors hope to whittle down a proposed budget that would lead to a roughly three per cent tax increase to county residents.

Details on the 2022 operations and capital budget were discussed at the Wednesday, Jan. 12 county council meeting, held virtually.

A report by director of corporate services Andrea Bull showed a proposed tax levy of \$20,861,271 to be shared among residents; an increase of 3.17 per cent over last year's levy.

However, some lines on the budget are still being worked out.

Bull clarified that, since filing the report, she's become aware of increasing insurance costs that the county will face. Meanwhile, other councillors said they believed the library board was finding savings that could offset those insurance

costs.

Council voted unanimously to accept several amendments to the new budget document. The move allows staff to still look for savings before a final budget is officially approved.

"I would like to see a more wholesome report of where we're at," said Dysart et al Mayor Andrea Roberts. "I know it's been a tough year, but I'd like to bring the levy lower."

Warden Liz Danielsen said she agreed. Algonquin Highlands Mayor Carol Moffatt said she supported giving staff more time to "cross our t's and dot our i's."

An earlier draft of the budget had council looking at a 3.21 per cent tax increase. The increase is a result of several new capital and operational expenses in county departments. This includes new initiatives in information technology, emergency services, planning, economic development, public works, building, administration and library departments.



This year's diverse Trendy Para colour palette was designed for mixing and matching to create a beautiful refuge.



PARA®



Emmerson Lumber
63 Maple Ave., Haliburton
705-457-1550 • www.emmersonlumber.com
Cottage Country Building Supplies
15492 Hwy. #35, Carnarvon
705-489-2212 • cottagecountrybuildingsupplies.com



The Teachings of Baha'u'llah (Bahai Faith) are offered to all mankind.

Your local Baha'is community invites you to investigate these teachings.

"Love is light in whatever house it may shine."

If you have any questions or if you would like more information contact a Bahai in your area.

Haliburton Helen 705-457-1999, Minden George and Kathie 705-286-3378
West Guilford/Kenisis, Pat and Peter 416-606-9657
Eagle Lake/Fort Irwin Gord and Kathryn 705-754-0939 or www.bahai.org

www.haliburtonecho.ca

HHSS co-op series

Doctor of veterinary medicine Anna Thompson is helped during a checkup of a colleague's dog Lily by Haliburton Highlands Secondary School Grade 12 student Brooke Stover at the Minden Animal Hospital. Brooke was given the opportunity to gain hands-on experience at the hospital for her co-op placement, which she said was insightful. / DARREN LUM Staff



Bolstering a dream with real world experience

DARREN LUM

Editor

The following is one in a series of stories, depicting Haliburton Highlands Secondary School co-op placements.

Ever since she was a young girl, Brookt Stover has loved animals.

The Grade 12 Haliburton Highlands Secondary School student used this passion to embrace the co-op experience provided by the Minden Animal Hospital. The placement provided a hands-on experience and first-person insight in veterinary medicine bringing her closer to fulfilling her dream of helping animals by becoming a doctor of veterinary medicine.

The Archie Stouffer Elementary School graduate alternated between mornings and afternoons during the school week for the first semester. She performed tasks a vet assistant would carry out, which included assisting with animal treatment and examinations, weighing and cleaning up after animals, health inspections (looking for range of motion, skin conditions, overall healthy traits), clerical work, lab work – prepare slides and examine for anomalies and then alert the veterinarian about such findings.

It was only two weeks before school started in autumn that Stover said she knew she had a secured co-op placement.

"I didn't realize by the end of this co-op I'd get this many opportunities. I assumed that I'd be kind of learning a bit. Yes, getting experience, but I didn't realize it would lead me to a job and lead me to great things that I can put on an essay, or an application for school," she said, referring to how she was offered part-time work as a vet assistant. Brooke said her entire experience working was positive. Any time she asked a question, staff were ready to provide insight.

"I get full answers. It's really helped. I learned so much from just asking questions and listening to the staff," she said. "Everyone is so helpful."

"With that environment, it just made it so much easier

to understand and get experience. It was just a nice place to be, working at. It's comfortable here and I'm excited about coming and I don't want to go to school. I just want to stay here," she said.

She earned two credits with her placement shifts, which were two and four hours this past semester. Stover said, the four credit, full day option wasn't possible with the six prerequisite courses needed for the university programs she was applying to enter this autumn.

Stover is striving for at least an 85 per cent average this year (and 90 per cent for scholarships). Her selections include the University of Guelph, the University of Victoria and the University of British Columbia. Ideally, she would love to go to Guelph because of its zoology program, the community, the programs, students' opportunities and the student residence life, but is drawn to Victoria except it doesn't have zoology. As of press time, Brooke decided to go to Guelph University.

The hospital's practice manager Tracey Laframboise said co-op education has always been a positive experience for everyone involved. Laframboise adds there is value in being able to offer this opportunity for not just high school students, but also college students, so they can gain experience.

"We feel co-op is very important for students, as it gives them a chance to 'try out' a job before spending the money to go to higher education (college or university). They may start working and they find that the job isn't what they expected, and so they have a chance to change the area of interest for further education," she wrote in an email message. "Co-op also shows them what working is like (if they haven't had a job before), so it's not all about going to school. It is work experience."

Brooke's co-op placement education required in-class sessions. This included the completion of safety modules on WHMIS (Workplace Hazardous Materials Information System) and protocols pertaining to preventing the transmission and contraction of COVID-19 before starting the placement and an end of the year culminating activity with a slide show of pictures, depicting what she learned. She also completed daily entries in a journal to document what she did and learned during co-op.

Despite the limited time for co-op, she still learned



Brooke Stover holds Lily after demonstrating how she conducts an examination of an animal during a co-op placement at the Minden Animal Hospital.

more than she thought she would before starting the experience.

"I guess you don't really know when you just bring a dog in ... I was surprised to know about the pharmacy, medication and how much chemistry, math goes into

see STUDENT page 5



Grade 12 student Brooke Stover examines a sample, as part of lab work she did during her first semester co-op placement.

Student shares value of co-op with others

from page 4

this. The lab work as well," she said.

Her experience included doing and observing, which included watching surgeries.

She said before the co-op placement the value behind getting good grades didn't have as much reason as it does now, which included putting her theoretical knowledge to the test.

"What you learn is important. It's not like you're going to learn it in high school, forget it and never use it again. I did realize you're going to use it again. Whereas I used to think learn it, memorize it, but it doesn't matter," she said.

Her motivation when it comes to learning at school goes beyond just the marks on her report card.

"That was my motivation. I think it did change to now I want to learn all these things. Yes, get the marks, but just how much I've learned from listening and applying it. I think it's nice to know more," she said.

This includes chemistry, which has included applying her theoretical knowledge to the lab work she completed.

Co-op placement can lead to employment

Laframboise added the hospital has also offered placements to college students and that when things go well a job offer follows.

"For the college student placements it gives the experience in the field they are in so that they feel more confident going into the field they graduate from. When the students are good they may get a job offer. We have hired Brooke and we just had our last co-op student work with us up to going to university to study," Laframboise said.

Brooke was hired as a vet assistant, working Saturdays fulfilling the same duties as she performed during the co-op. She was recently promoted to be an animal care attendant, which has expanded her role to include follow-ups with patients, answering phones, and billing.

Since she had such a positive and rewarding experience, Brooke has been sharing the benefits of a co-op placement with others.

"I've been telling everyone younger than me, my sister and her friends that you should definitely do it because it just shows you what you're getting yourself into. Before you go and pay thousands and go through all this schooling, [it's important] I want to do it and know what it's like," she said.

The choice to not do it was easy, but she is glad she made the effort to see this opportunity realized.

"I'm so glad that I did because I really didn't realize how much it would help me," she said. "Really, there is only so much you can learn out of a textbook, so when you come and apply it you learn a lot more."

BOOST UP.

Book your booster today.

Protect yourself against COVID-19.

It's up to all of us.



Visit ontario.ca/covid19

Paid for by the Government of Ontario

Ontario 

points of view



www.haliburtonecho.ca
146 Highland Street, P.O. Box 360,
Haliburton, ON, K0M 1S0
• 705-457-1037 • Fax 705-457-3275
Published by White Pine Media Corp



DAVID ZILSTRA
Publisher and Ad Director, ext. 37,
david.zilstra@gmail.com

DARREN LUM, Editor
ext. 38, darren@haliburtonpress.com

JENNIFER MCEATHRON, Admin
jenniferm@haliburtonpress.com

DEBBIE COMER, Circulation
debbie@haliburtonpress.com

SUE TIFFIN, Reporter
sue@haliburtonpress.com

NICK BERNARD, Reporter
nick@haliburtonpress.com

KAREN LONDON,
Production Co-ordinator
karen@haliburtonpress.com

STACEY POTLIVO, Production

APRIL MARTIN, Production

LAURA SMITH, Sales
ext. 32, laura@haliburtonpress.com

PAUL BANELOPOULOS, Sales
paul@haliburtonpress.com

PAT LEWIS, Inside Sales
classifieds@haliburtonpress.com

Forever in our memories: Creighton Feir

I have a dream

IT'S A MATTER of when now. Justice will be served. It's been a long time coming to properly recognize Haliburton's only Olympian Lesley Tashlin and the area's first pro football player Taly Williams with a place among the community's great athletes on the wall of murals on the side of the A.J. LaRue Arena.

This was made possible by the determination of a J. Douglas Hodgson Elementary School Grade 7/8 French immersion class guided by their teacher Marina Thomazo, which started a year ago following a morning announcement raising awareness of the two Black athletes.

The teacher recently met with the Montreal-based artist Annie Hamel who was commissioned to complete the murals. Hamel came to Haliburton on Nov. 26 to visit the community and see the wall of murals where her work will live and be an example of the concerted efforts by JDHES students to ensure Tashlin and William were recognized in this community. Thomazo said Hamel was working on the mock-ups.

Coincidentally, the news of how the murals are edging closer to being realized came just before the American federal holiday, Martin Luther King Day on Monday, Jan. 17. This day, which is held annually every third Monday of January, recognizes the Baptist minister for his achievements in raising awareness and rallying people during the civil rights movement of the 1960s in the U.S.

Growing up in Scarborough during the 1980s, I had a challenging time growing up as a visible minority in the suburbs where the number of visible minorities at my elementary school could be counted on two hands.

I was different from other children being Chinese. My dark hair, skin colour and lunches that periodically didn't match the peanut butter and jelly sandwiches given to other students proved it to others. And, if it wasn't apparent with what I did, the differences in others who looked simi-

lar to me (with features similar to other Asians – dark hair and complexion to match), reminded me I didn't belong. This didn't come from everyone, but it was from enough to question my belonging.

Williams has expressed a similar experience, growing up here. This isn't an indictment for retribution. It simply was.

When I saw and heard Baptist minister Martin Luther King give the speech, I have a dream in a documentary it spoke to me as a visible minority. He delivered it long before I was born on the steps of the Lincoln Memorial on Aug. 28, 1963. And, yet, I never forgot the universal sentiment that we all want to be judged by the content of our character.

An excerpt of the speech: 'So even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal ... I have a dream that my four little children will one day live in a nation

where they will not be judged by the colour of their skin but by the content of their character. I have a dream today.'

King was killed for his efforts by James Earl Ray in Memphis, Tennessee on April 4, 1968.

The students here and King are not the same. The magnitude of issues King faced and his achievements are on an entirely different level, but every effort towards equal treatment of others counts and the local students did their part to that end. Without knowing it they followed in his hallowed steps. They didn't face the threat of a noose, a swing of a baton, or the bite of a German shepherd, but they helped in their way disrupting what was by inspiring others with what should be ... just.

The murals are expected to be installed this spring.



darren lum

Editorial



Blue mood

by Darren Lum

Samadhi

I LOVE THE end of a yoga class when the instructor invites us to lie down, cover ourselves up, get super comfortable and close our eyes. The final relaxation posture is called "savasana" in the Sanskrit language. I think it is a favourite pose for a lot of people.

In a typical yoga class you will start with a quiet centring, a gathering and collecting your attention and directing it inward. Then there are often warm ups followed by a flow of postures, which can include standing, seated on the floor, or any combination of this. Some classes are faster paced. Others are slower. Some are gentle and others vigorous. I like to practice with themes, so I often have a focus, which can really be anything - hamstrings, breathing, endocrine system, the shoulder girdle, the skin, love, etc.

The human mind loves to be creative, and so if you meet a hundred yoga teachers they will all teach differently, each with their own themes and passion. So there is movement of some kind in the class, and then the last few minutes are dedicated to stillness to resting, being quiet and settling. I just love this pose! The mind is so busy during the movement taking in instructions, observing, adjusting, wandering all over the place and being reminded to come back to the body. The physical poses really give the mind something to think about. And the body gets attention. So when we come to the end it is such a relief in many ways to stop and to settle, sink and absorb the practice.

A teacher recently said to our

class, "Think of the desert like those hot summer days when it hasn't rained for weeks. The rain comes and the earth just drinks in the water. It absorbs it." The final pose in yoga is like that. We stop, rest and settle and are invited to let every cell in our body absorb our attention, the energy we have generated and ultimately love. Yoga is a practice of love. This kind of inner attention, or absorption is called "samadhi" which is one of the eight limbs or parts of the yoga practice.

When I first started doing yoga 30 years ago I would often skip this pose, or take a minute or two. Thirty years later I realize that these practices are essential for our nervous system. In the quiet, in the settling our whole system settles and we can rest and digest our practice and our life. We hang out in the parasympathetic

part of our nervous system, which is where healing and revitalization take place. In this pose the yoga student perfects the art of stillness. Of being so close to themselves and letting the good vibrations of love and peace and ease move through their whole biological, ecological system. It's a chance to really unplug from phones, computers, news and the busyness of our lives and just take the time to nourish ourselves. We then go back into our lives connected to this deep quiet inner space that guides us in our relationships with ourselves, our families, our friends and our co-workers. We practice on the mat and we take it out into the world. That is what yoga is about.

Tales from
the great



lynda shadbolt

Green meadow

Advertising is accepted on condition that, in the event of an error, the portion of the ad occupied by the error, together with reasonable allowance for signature, will not be charged for, but the balance will be paid at the usual rate. It is the responsibility of the advertiser to check their ads on first publication, and the publisher accepts no responsibility for errors in multiple insertions. The Echo reserves the right to reject or edit any advertisement likely to offend community standards and/or the laws of the land. All material herein, including advertising design, is copyrighted, and may not be reproduced in any form.

Letters must include name and telephone number. Letters may be edited for length and clarity.

To SUBSCRIBE TO EITHER THE PRINT OR DIGITAL EDITION,
PLEASE EMAIL DEBBIE@HALIBURTONPRESS.COM OR CALL (705) 286-1288

points of view

It's so crazy it just might work

RECENTLY, WE watched the movie *Don't Look Up*. Basically, this is a thought-provoking comedy about the optimism (that's a very kind word) held by a group of people who refuse to believe that a huge meteor, in plain sight and on a collision course with Earth, even exists. And they continued to disbelieve, right up until the collision.

If you ask me, one of the saddest parts of that movie was that the believers didn't get to say, "I told you so." Hopefully, a sequel will address that.

This movie caused me to give some thought to what I would do if I was faced with my last day on Earth due to the rapid approach of a huge meteor that would cause an extinction level event. I normally wouldn't believe this was even within the realm of possibility, but, well.... Trump.

Back to the meteor scenario.

The first thing I realized is I would look for the bright side. The things that immediately come to mind is I would never have to eat kale again. Or do income taxes.

Also, I'd like to think I would take some pride in knowing I have faced reality head-on right to the bitter end. You see, I have never held out hope that the Leafs would win the Stanley Cup again.

After that, I would try my best to get through a bucket list of



steve
galea

Loon Tales

things I wanted to do.

High on that list would be "not shovel the driveway."

I would also dust my credit card off and buy a new truck with all the bells and whistles – but I wouldn't drive it too hard just in case I had to return it if the meteor thing turned out to be a hoax. Then I would probably ignore a work deadline and eat three slices of my favourite pie at lunch.

After that, I'd drive my new truck to my buddy's place and pay him back the \$20 bucks I still owe him for the lunch he bought when I "forgot" my wallet. But that would be a last-minute thing when I was absolutely certain collision was imminent.

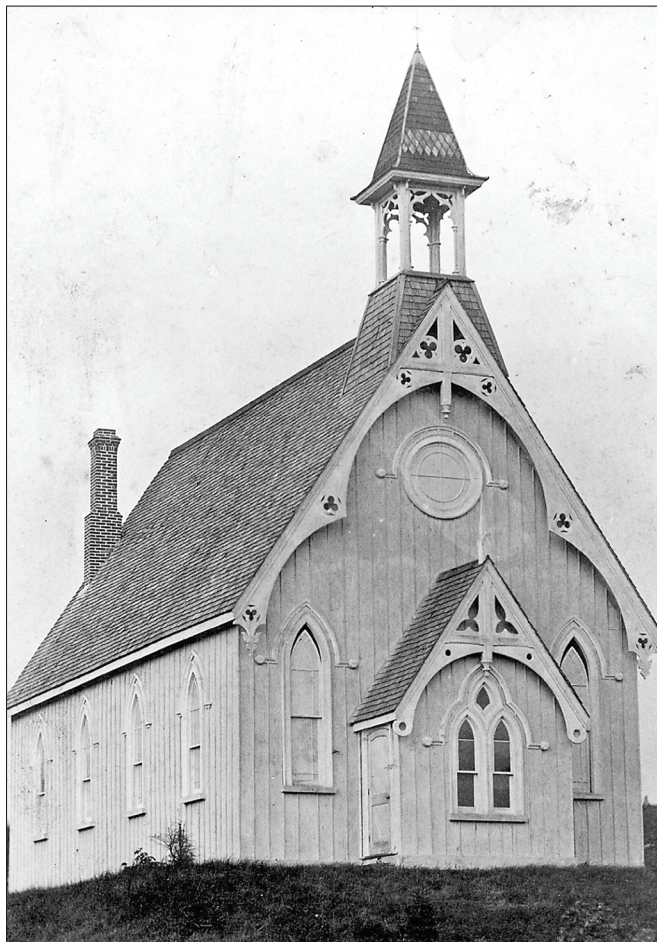
I'm pretty sure that at this point, I would remember the phrase, "It's so crazy it just might work" because that's just how my mind operates. Plus, it works in all of your better movies.

With this in mind, I would take my shotgun out and aim it directly at the meteor. And then I would announce "I never miss." I would do this knowing that the laws of the universe always ensure that, whenever I get a bead on a big easy target, it inexplicably swerves off to one side or the other just as I am pulling the trigger – particularly if I have previously announced, "I never miss."

I figure three quick shots would be all that is needed to course correct the meteor so that it streaks past the Earth, leaving short people unscathed.

Of course, if that worked, I'd obviously be hailed a hero – the guy who saved Planet Earth – and that would probably mean that I'd get all sorts of accolades and perhaps a few more social media followers that weren't bots. I've never saved the Earth before, but I would also imagine that something like that would probably get a fellow a substantial discount on a new truck or at least an extended warranty or heated seats thrown in.

And, maybe, just maybe, someone hired by a grateful Earth to shovel my driveway.



pic of the past

Haliburton's Presbyterian Church opened in 1875. The person behind its design and construction was James Leitch Brown who had been born in Arbroath, Scotland in 1841. Brown was also a member of the church, a lay preacher and a Sunday School teacher. Photo submitted by Kate Butler

Pandemic effect Maple View residents

The following is a monthly column about Highlands East.

The Maple View Apartments of Wilberforce was one of the last not-for-profit housing developments developed in Haliburton County, which occurred some years ago.

The apartment is a mixed-housing situation geared to income. Many residents are seniors and some are disabled. There is also a townhouse section, which houses low income families.

Kathy Rogers, who manages the day-to-day operations of Maple View, offered insight about how COVID has affected the residents at Maple View and the seniors in particular.

She said the common areas of the main building had to be shut down. This has severely limited the residents' interactions and socialization. There are now tables in the hallway with books and puzzles to be shared with those residents who are comfortable to do so.

Branch 624 Royal Canadian Legion in Wilberforce, through HHHS, had a diner's program of two lunches per month for those 55 and older. The event regularly drew 36 people who came out to enjoy a great meal and socialize with others in the community. Many residents of Maple View were among the guests. This program has of course been shelved due to COVID, cutting off yet another social activity to senior residents of the community. There is hope that in the near future that program can be re-instated, once socialization is again safe.

The isolation of all residents across the county and seniors in particular has been impacted greatly by COVID. Even if we are positive individuals, a sense of depression can creep into our lives. We are blessed to be in a community that cares about its residents and to be able to move about with space around us

unlike residents in urban settings.

"SIRCH has supplied my office with a freezer for free meals for anyone to assist with the pandemic. No financial concern necessary. Having a stressful day? Come in and grab a meal. The food bank has been great [with] messaging [about] any extras - with our close contact it has been easy to share information on any programs. And there has been a lot. Great community and county we live in," she said.

Studio Tour preparing for return

On another note, the Highlands East Studio Tour Group hopes to open its doors for a tour again this August. It has been inactive for the 2020 and 2021 tour years due to COVID, as many of our studios are within our own homes.

The tour is looking for artists who live within Highlands East, who are either permanent residents or cottagers, to participate and bring new life to our group. These artists can either have their own studio or can guest with a current artist in the group. A well rounded group of artists will bring tourism into Highlands East for the artistic betterment of our community on the eastern side of the county. This would be the 20th year since the tour started. The group was formed by local artists for local artists to promote art of all media in the municipality. If you are interested in being considered for this venture, please contact: Jan Simon at 705-448-2868. We will then arrange for your work to be juried for acceptance into our group.

Submitted by Jan Simon

Library applauded for community support and outreach

SUE TIFFIN

Staff Reporter

The following are brief reports of items discussed during a Jan. 12 meeting of the Haliburton County Public Library board.

Highlands East Deputy Mayor Cec Ryall, who sits on the board, thanked HCPL CEO Chris Stephenson and staff for opening the Cardiff library after-hours to assist with food bank-related activities.

"It's so greatly appreciated, and a beautiful place to see," said Ryall. "Thank you and thank your staff."

"We're pleased to use the library for purposes beyond the regular hours, it's just a matter of rallying our troops and then creating those partnerships in the community and building bridges, which we're continuing to do, certainly with our new programming and outreach co-ordinator Andrea Brown," said Stephenson. "We're off to a good start in that community and I'd like to see more of that elsewhere in the system."

Dysart et al Mayor Andrea Roberts thanked Brown through Stephenson for visiting the Gardens of Haliburton retirement home to help promote the library's book club resources.

Movie streaming and digital magazine services launched

Kanopy, a free streaming service which gives library members access to movie and television shows for both adults and children, and a digital magazine service have been launched and are attracting users.

Stephenson said he was anticipating "a runaway success" with magazines, as a service available through the Libby or Overdrive apps offers library patrons access to 3,800 digital magazines.

"Everything from *Old House Journal*, to *Maclean's*, to *Fashion magazine*, you name it, it's in there," said Stephenson. "I was reading the *New Yorker* last night. They're all free, you can take out as many as you want."

He said in the last 10 days, there had been 235 magazine checkouts.

"These are very high numbers for a brand new service," said Stephenson.



Members of the Haliburton County Public Library board met virtually on Jan. 12 for the first meeting of the year. /Screenshot from HCPL board meeting

Kanopy has been available since the middle of December, and Stephenson said a report showed that 63 people signed up right away, and more than 100 people were viewing films "right out of the gate."

He noted the library is on budget for the service, and in the future more of a collection might be added if numbers stay under budget and the service continues to be used.

Dorset book depot readies for readers

A new courier has been hired and will undergo training this week to get the Dorset book depot up and running. The book depot - lockers that have been put in place outside of Robinson's General Store to serve library patrons in the Dorset area while the space at the Dorset Recreation Centre is temporarily unavailable - was set up at the end of December and lockers have been

mounted and secured so they are safe for use.

"As soon as we can establish who in the area is interested in using the service and placing holds and using the service, we'll start to create a spreadsheet and assign a locker and get going right away," said HCPL CEO Chris Stephenson.

He said he anticipated that service would be available by the end of the month.

Board elects officers

As the meeting was the first of the year, the library board elected a chair and vice-chair for the term - a year - of the library board. Sally Howson will again serve as chair of the board, and Roberts will serve as vice-chair.

The next meeting of the HCPL board takes place on Feb. 9 at 3 p.m. More information is available at haliburtonlibrary.ca or haliburton.civicweb.net.

Health unit urges people to get COVID vaccines

if you still need a COVID-19 vaccine, there are more places and spaces to get your dose of protection in coming days.

The Haliburton, Kawartha, Pine Ridge District Health Unit is promoting the continued availability of first, second or third doses of the COVID-19 vaccine at its mass immunization clinics.

Hundreds of appointment slots are currently available this week from Jan. 17 to 23 at the health unit's mass immunization clinic site at the Cobourg Community Cen-

tre and Lindsay Exhibition. A new clinic is also now being offered at the Campbellford District High School on select dates in January and early February on Sundays (starting Jan. 16). These clinic sites are in addition to the ones the health unit is currently offering in Colborne, Minden Hills, Fenelon Falls, and Brighton. Specific dates and locations for vaccination clinics are available at www.hkpr.on.ca.

The health unit is not accepting walk-ins at any of its clinics at this time. Instead, people are encouraged to make an appointment at www.ontario.ca/bookvaccine or by calling 1-833-943-3900 (TTY for people who are deaf, hearing-impaired or speech-impaired: 1-866-797-0007).

If people's vaccine appointments are later in January, they're being encouraged to rebook for an earlier date, especially if they are still waiting to receive a booster dose. Anyone 18 years and older is eligible for a booster dose as long as it's been 84 days since their second dose.

"Getting your booster dose is extra important now as we deal with a surge in COVID-19 cases due to the Omicron variant," says Dr. Natalie Bocking, medical officer of health with the HKPR District Health Unit. "Booster doses offer much better protection against Omicron than just two doses, as boosters help to reduce your risk of serious illness and hospitalization."

As of Monday, Jan. 10, 43.4 per cent of residents ages 18 years and older had received their booster dose in Haliburton County, Northumberland County and the City of Kawartha Lakes.

"Thank you to everyone who has rolled up their sleeve already to get this added dose of protection," Bocking adds. "To those who are still waiting, I'd encourage you to realize the benefits of COVID-19 vaccine and book an appointment right away."

Currently, due to a provincial shortage of the Pfizer vaccine, individuals aged 30 years and older will receive the Moderna COVID-19 vaccine at health unit clinics. Bocking says the Moderna vaccine has been shown to be highly effective as a booster dose and, given the Omicron surge, it is better to receive Moderna now rather than wait for a Pfizer dose.

- submitted by HKPR

BARRY MISCIO CONTRACTING

BMC

- Homes & Cottages
- Garages
- Renovations & Additions
- Interiors & Exteriors
- ICF & Block Basements
- Concrete Floors
- Decks, Roofing & Siding
- Fully Insured

We Take Pride In Our Work!

705-754-4603
Cell: 705-457-0553
barrymiscio.ca

Haliburton County Home Builders Association

TARION

THINKING OF SELLING YOUR HOME OR COTTAGE?

BUYERS ARE EAGERLY WAITING TO PURCHASE A PIECE OF PARADISE IN HALIBURTON HIGHLANDS

Ted Vasey
Your Haliburton Highlands Re/Max Sales Representative

RE/MAX PROFESSIONALS NORTH

705-455-2034
ted@tedvasey.ca

RIVERVIEW FURNITURE & FLOORING

At Riverview Furniture, in downtown Minden, we have you covered for all your home and cottage needs. Whether its Custom Wood Furniture, Mattress's, Appliances, Upholstered Furniture, Blinds or Flooring we are here for you. With over 40 years of experience, trust us to help with your furniture or flooring needs. We offer free shop at home service.

Thank you for supporting us and shopping local.

Be Sure To Follow Us Online! [f](#) [i](#) [i](#)

705-286-3167 • 94 Bobcaygeon Rd • DOWNTOWN MINDEN
info@riverview-furniture.com • www.riverview-furniture.com

Enviro-Cafe: Climate change can't be ignored anymore

NICK BERNARD

Staff Reporter

The public received an update on Haliburton County's climate change plan during an Enviro-Cafe presentation led by climate change coordinator Korey McKay on Jan. 11.

Organized by Environment Haliburton (EH), the event was led by opening remarks by EH president ... Susan Hay presented a stark observation of climate events that have unfolded across the world, calling 2021 a year of extremes.

"If there was ever any doubt about climate change, those doubts were washed away with half of British Columbia," Hay said. "Even if we've been lucky enough to escape the ravages of climate change, it is on our minds like never before."

Hay went on to introduce Terry Moore, EH's vice president and host of Planet Haliburton on Canoe FM. Moore also won the 2021 Haliburton Land Trust's Enviro-Hero award for education.

"Enviro-Cafes ... is part of Environment Haliburton's attempt to foster climate conversations across the county so that this community can do its part in addressing the climate emergency," Moore said before introducing McKay. "Climate scientists, the UN climate reports and summits – like the recently concluded 26th Conference of the Parties, or COP26 in Glasgow, Scotland in November – continue to remind us of the urgency of the climate challenge we face, the need for immediate and deep cuts to carbon emissions, and the rapid transition off of fossil fuels."

He remarked that in the face of what he perceived as failure of senior levels of government to stop the rise and reversal of greenhouse gasses, pressure to take climate action has instead been placed on municipal governments.

For its part, Haliburton County introduced its own climate change mitigation plan in November 2021, establishing emission reduction targets across the county and its municipalities. Those targets include reducing total greenhouse gas (GHG) emissions by 30 per cent across all county and municipal operations, with specific emission reduction targets within the municipalities themselves.

In Dysart et al, the target is to reduce corporate GHG emissions by 20 per cent for buildings, 10 per cent for fleet and 80 per cent for waste by 2030. A similar target is in place for Minden. In Algonquin Highlands, the reduction targets are the same, with the exception of fleet emissions, which are intended to be reduced by 12 per cent in the same time frame. Haliburton County and Highlands East's targets are to reduce corporate GHG emissions by 15 per cent across all operations.

The county is also working to create a climate adaptation plan, which will outline how the county will adapt its municipal assets, operations and services to prepare for the actual impacts of climate change. Following that, the county will introduce a community-wide climate change plan, with the same goal of reducing emissions and mitigating climate change's impact on the community at large. These plans have been spearheaded by McKay, who has served as climate change coordinator since 2019.

"When we're talking about climate change, we're referring to those long-term shifts in weather patterns," McKay

said at the outset of her presentation. "So, the impacts of climate change, particularly in Ontario, are often summed up by the phrase 'warmer, wetter, and wilder.'"

Here in Haliburton, McKay described potential extreme heat events similar to the 2021 heat dome, which killed nearly 600 people in British Columbia. She also said the warmer weather would cause poor conditions for winter sports that depend on colder temperatures, like skiing and snowmobiling.

In regards to wet weather, McKay pointed to recent flooding events in the county, which have caused significant and costly damages. She also indicated the issue of ice storms which cause power outages, hazardous road conditions, and school closures.

"So, no matter if we have an elderly relative, or an avid skier, or if you live within a floodplain, climate change is impacting us today," she said. "The future impacts depend on the level of action we take globally, today."

In her presentation, McKay said Haliburton could expect to see a 2.2 degree Celsius rise in temperature by 2050. She also said the county can expect to see 17 very hot days (above 30 degrees Celsius) by 2050, compared to five very hot days, as reflected in the mean temperature from baseline studies conducted between 1976 and 2005. For winter temperatures, McKay said there may not be any days colder than -30 degrees Celsius by 2080, compared to six from the baseline.

Throughout the presentation, members of the public who were in attendance were able to use the meeting's chat function to ask questions, which would be answered following the presentation.

The question-and-answer round began with a question from Hay about methane emissions, and whether the county was considering building a municipal composting centre.

"So the corporate climate change mitigation plans that were approved by each council included the recommended action of exploring potential for organics diversion and for food waste," McKay responded. "The first step here is really to conduct a waste composition study across four seasons to get a more accurate picture of the food waste organics that are coming into landfill sites."

She said the county and municipalities were looking into creating what she called integrated waste management studies. Phase one of Dysart's integrated waste management study was sent to that council in a report in Jan 2021.

Carolynn Coburn, EH's treasurer, asked about the protection of wetlands which prompted an impromptu response from Haliburton County's warden Liz Danielsen.

"The only thing that I did want to say was that the issue of wetlands has been included in the draft shoreline preservation bylaw," Danielsen said, alluding to the shoreline preservation bylaw, for which a special meeting of the county council was held on Jan. 17. "And it's a recommendation by our consultants that we include wetlands in those protected areas. But that's a decision that is yet to be made ... But that is one area that ... is a possibility to protect wetlands."

To help explain what the

county can do to preserve wetlands, McKay introduced Steve Stone, Haliburton County's director of planning. Stone said the first step in preserving wetlands is with study, and garnering interest through educating the community – including events like the Enviro-Cafe.

"We should be facilitating continued learning on the environment, and monitoring social advantages of protecting small wetlands in regard to the well-being of our community," he explained. "And this is done, really, through academia, through the local knowledge transfer, etcetera. You take that study, and you build it into education programs, really, to foster awareness, in the broader community, of the many benefits of retaining small wetlands in our neighbourhoods."

Stone also said that establishing protection regulations and local zoning bylaws would allow the county and municipalities to implement equitable environmental rights, sustainable development practices, and compliance monitoring as needed.

EH secretary Katie Paroschy asked about reaching members of the community who are uninterested and even resistant to discussing the climate crisis. McKay responded by saying that while a Haliburton-specific community engagement plan was still in the works, part of its strategy will include changing the way people think about the benefits of acting on climate change mitigation.

"Energy prices are rising," she said. "And with the pandemic, a lot of people are struggling even just to put food on the table, so framing, you know, energy affordability as an issue is a lens to take ... So, communicating those different co-benefits that come with climate action can hopefully get more people on board as well."

McKay also addressed the subject of retrofitting existing homes and other buildings.

"Certainly building retrofitting is a topic within municipal climate plans," she said. "The tools municipalities have

“

We should be facilitating continued learning on the environment, and monitoring social advantages of protecting small wetlands in regard to the well-being of our community.

— Steve Stone, Haliburton County director of planning

are somewhat limited. There is [the federal Canada Greener Homes Grant, for up to \$5,600 in retrofits], as well as ... a grant from what's called Haliburton Kawartha Renovates, so that's sort of a local grant."

According to their website, Haliburton Kawartha Renovates provides a forgivable loan to a maximum of \$10,000 for repairs such as roofs, plumbing, heating, foundations, wells and septic systems. A grant to a maximum of \$5,000 is also available for modifications to reduce physical barriers like ramps, handrails, chair and bath lifts and countertop height adjustments.

The full Enviro-Cafe presentation, which includes an explanation of the county's existing climate mitigation plan, and the full question and answer period will be available to view on Environment Haliburton's website at www.environmenthaliburton.org

Haliburton County's climate mitigation plan is currently available to view at www.haliburtoncounty.ca/en/planning-and-maps/climate-change.aspx




NOMINATIONS WANTED

Do you know someone between the ages of 6 - 17 who is making a difference within their community? Nominate them for an

ONTARIO JUNIOR CITIZEN AWARD

DEADLINE IS FEBRUARY 11, 2022

Brought to you by



Nomination forms are available from this newspaper, and at www.ocna.org/juniorcitizen. Email jrcitizen@ocna.org for more information.

Building strong mental and physical health this winter

JERELYN CRADEN

Special to the Echo

It's here again – flu and cold season. Only this time with the addition of a worldwide pandemic fluctuating and changing, causing lifestyle restrictions, economic insecurity, and a roller coaster of mental and emotional stress. As frustration and worry continue to rise in our community, we have asked a group of Haliburton medical and wellness professionals to offer ways you can help build mind/body immune defence.

Dr. Norm Bottum, family physician, Haliburton Highlands Family Health Team (HHFHT), and co-host of Canoe FM's Medical Matters is a big fan of prevention. "If a person has any chronic disorders, they need to have those under good control," he said. "Lung disease, heart disease, diabetes are definitely significant factors that may make you more prone to illness, but also that much more ill. If there's a vaccine available, take it. Get your flu shot and COVID vaccine."

For people over 65, Bottum also recommends getting a pneumonia shot. "You have to have a healthy intact immune system for the vaccines to work. Even if you've had a COVID shot it doesn't necessarily mean you're going to have a good response if you have other chronic issues."

"Eating well is important. Try to avoid junk food, alcohol, smoking. Sugar should be minimized. Eat whole foods (versus processed) as much as possible, vegetables and fruit."

Bottum also recommends taking vitamin D.

"We know that it's very important for your bones to take vitamin D if you're Canadian spending your winters in Canada. There is some evidence, even with COVID, that people who take vitamin D supplements are less likely to have a severe outcome. I've been recommending it for years to help reduce the risk of colds and influenza." He suggests a minimum of 1,000 IU per day. For post-menopausal women: 2,000 IU per day. "I recommend that for everybody, kids included, in the winter months. Also, taking a zinc supplement regularly may be of benefit to help minimize the impact of COVID through the cold/flu season."

Barb Fraser, social worker, HHFHT, emphasizes the importance of getting quality sleep to help build strong mind/body immune defence.

"We need a buffer time before bedtime to wind down. For some, it might be



Dr. Norm Bottum, who hosts Canoe FM's radio show Medical Matters, encourages people to be vaccinated against the flu, COVID-19 and for individuals older than 65 a pneumonia shot. Submitted by Jerelyn Craden

having a bath or hot shower. Some quiet time. Less screen time with our devices. Quiet reading. Meditation. For some, it might be a soothing cup of chamomile tea. Not too much food in your belly. Watching caffeine and alcohol, which are huge impairments to sleep. And don't watch the news late at night," she added.

Fraser said that some people go on a news fast.

"Cutting back on watching or listening to the news can help relax the nervous system. Even watching a really intense movie before bed can have a negative effect on sleep."

Some people train their brain to be awake in bed. "They watch TV, they read, they play computer games, they do work, answer emails, talk on the phone. If you're going to do those things, you need to do them outside of the bedroom."

"Also, if you're not sleeping within 30 minutes, or you wake up and are not falling back to sleep, don't stay in bed. Cuddle up somewhere with a warm blanket, look at a book or magazine in dim light, or do some deep breathing, and as soon as you feel sleepy, go back to bed," she said.

But what if you feel worried and anx-

ious, and can't seem to quiet your mind?

"Evidence shows that practising mindfulness helps you manage stress and pain and respond rather than react to situations," Fraser said. She also recommends meditation and its various forms.

"You can quiet your mind when you become very absorbed and focused. Some people write, cook, bake, make art, play an instrument, listen to music, knit, sew. Really, just bringing that focused attention to something can be very good for the whole system."

"Laughter is medicine," she said. "Listen to something funny, watch or read something funny, speak to a funny friend. Laughter releases feel-good hormones in our body."

"If someone gets stuck in anxiety or depression there's a 24/7 crisis phone line that covers the four counties: 1-866-995-9933," Fraser said.

Dr. Luci Belli, naturopathic doctor, Of Sound Body based in Minden, said, "Exercise is a frontline therapy that we use for both mild and moderate depression and anxiety. I don't think there's any aspect of our health that exercise doesn't improve. If you're not able to go to the gym, you can do jumping jacks

at home, stretching, or get outside for a walk. It's important to get at least 10 to 15 minutes [of] exposure to sunlight each day. And, if you're working at home, get up and leave your computer to have a meal. Set an end time to your day."

According to Nicki Dollo, dietitian, HHFHT, there isn't one specific food that can help us fight against colds, flu and COVID. "The focus should be on eating more whole grains, legumes, nuts and seeds, and a variety of fruits and vegetables. In case of diverticulitis or another condition that causes you not to eat seeds, you can eat nut butters – almond, peanut, sesame seed or nut-based oils, to get the benefits from the fibre, protein, and unsaturated fats which are the heart-protecting fats."

Good proteins for breakfast: eggs and nut butter. "You can make the change from having two slices of white bread with butter on it, to one slice of whole grain bread with avocado and a slice of tomato and having an egg fried in olive oil. That type of breakfast will give you the proteins, whole grains, and healthy fats to get those vitamins and minerals that help support the immune system."

For lunch and dinner, Dollo said, "50 per cent of your intake should come from vegetables. If I could have a T-shirt with that on it, I would wear it every day."

Staying hydrated is important, especially for Haliburton's older demographic.

"Many older adults can feel woozy when they stand up from a sitting position, and quite often it's due to dehydration, which can contribute to falls and poor cognition," Dollo said. "For older women, nine cups of liquid a day is recommended. For older men, 11 to 12. This includes water, tea, coffee, and milk that you put in it and/or milk that you drink or put in cereal, soup, and juice. The majority we would hope is water."

For online, credible, reliable physical nutrition information, Dollo recommends www.unlockfood.ca.

Finally, Bottum cautioned, if people start developing symptoms of illness, they should consider themselves contagious and minimize their impact on others by isolating.

"It doesn't matter whether you have Omicron, Delta, or just a common cold. You don't know what you have. And you're usually contagious a day or two before you develop symptoms, so the most important time to shut things down is when you start to feel ill."

COVID-19, flu and the common cold, all are respiratory viruses that can have overlapping symptoms: cough, muscle aches, sore throat, chills, runny nose and fever. COVID-19 can also cause temporary loss of smell or taste. Transmission is from person to person through coughing, sneezing, talking, singing, being in close proximity, or eating together indoors unmasked. The best way to determine which virus a person has is through testing.

According to the World Health Organization, 290,000 to 650,000 people die of flu-related causes every year worldwide. COVID-19 has killed more than five million people worldwide in just two years.

Bottum added, "Some temperature is OK, that's part of our immune system fighting the virus. If the temperature is high enough that you're not able to eat or drink and you're feeling really uncomfortable, then use Advil, aspirin, or Tylenol to control the temperature, but the goal isn't to get rid of it."

He also said, "Chicken soup is a great electrolyte solution. It's one of my favourites. Electrolytes help your body retain the fluids you need when you're sick."

Snowscape takes over

Highland Street in the Village of Haliburton was a veritable ghost town except for the plow drivers as the snow accumulated throughout the day, starting early morning on Monday, Jan. 17. As a result of the snow storm all buses destined for Trillium Lakelands District School Board schools in Haliburton County were cancelled./

DAVID ZILSTRA Staff



Highlands speedster complements Warriors aspirations

DARREN LUM

Editor

Walking through Head Lake Park with the chill in the air and the snow on the ground, Sterling Nesbitt said these are some of the aspects of winter she has missed since going to attend Indiana Tech university on an academic scholarship, which included a roster spot for the Warriors women's hockey team.

The few months away from home for the past Haliburton Highlands Secondary School student reminded her how much she appreciates the place, winter and the people of the area.

"I love how small town we are and you can walk around and say hello to seven different people," she said. "But I love my snow. I love seeing it and not seeing that in Indiana it's weird. Like when December hit and there was still no snow and it was messing with my head," she said.

It was a small price to pay to have an opportunity to play high-level hockey for the Warriors, who are based in Fort Wayne where winter is mild, offering little to no snow. The team is in its first year and competes in the ACHA (American Collegiate Hockey Association) Women's Division One.

Before the holidays in December, the Warriors were ranked third in the ACHA Women's Division I National Rankings. Indiana Tech moved up three spots in the fifth regular season edition of the rankings and have been ranked for all polls since the program has began play. Eight teams will qualify for the 2022 ACHA Women's Division 1 National Championships at the end of the season.

There's no denying how the U.S. and Canada are similar.

One difference Sterling can't get over is the colour of the currency, which has given her some challenges when making purchases. The uniformity of the currency with its green colour is a stark contrast to the multi-coloured Canadian currency.

"And the other thing is, just the general politeness," she said.

Coming into the season, she didn't expect to finish the season with more than three points. However, her scoring punch has been evident, nearly averaging a point a game, alternating between defence and the forward position.

"My biggest thing was just like making sure I was in the right spot positionally because with defence you just kind of hang out on the blueline until the puck moves or the other team moves towards you. But with forward you've got to be able to put yourself in a spot where your team can make plays off of it," she said.

Her background as a defenceman, she said, has resulted in better break-out plays because she knows where she would want the forward to be positioned.

Indiana Tech head coach, Scott Hicks said Sterling has been an important player for the team on defence and offence, averaging more than 20 minutes per game.

"Sterling has tremendous desire to learn. She has worked her butt off since day one and her improvement has been noticeable. Off the ice she has been extremely successful in the classroom and has made honour roll," he wrote in an email. "She has been a player that has scored some big goals for us in our first half. Putting up 11 points as a defenceman in her freshman year so far is a big deal and we have counted on her numerous times in big spots to win games!"



Sterling Nesbitt has missed the people the most since she left for Indiana Tech with an academic scholarship and roster spot with the university's women's hockey team, the Warriors. Nesbitt has been a clutch performer according to her coach Scott Hicks, who has used the former Red Hawks athlete at defence and at forward. /DARREN LUM Staff

He added the Highlands hockey player has the potential to be a 20-point per season player. Her confidence on offence continues to grow, as her confidence grows.

"She is regularly out in crunch time. Her ability to be aggressive and apply pressure defensively is big for us to close out wins down the stretch," he wrote.

Her speed he said is "invaluable" and has been an asset that enables her scoring chances for herself and teammates. She is a "solid offensive defenceman and we will look to continue to grow her offensive side of her game!"

For three years, Sterling attended the athletic private high school, the Ontario Hockey Academy based in Cornwall after one year at HHSS where she set a record in track and field for midget girls. She matured during her time at the boarding school, figuring out life without parents and managing her time, balancing life, academics with athletics.

This latest experience living away from home in another country with a high-performing team has pushed her to grow more.

"It's really showing me how much I've actually grown. I mean, I used to not think about it a lot and kind of just chose not to acknowledge how much I've grown, but with the coaching staff I have they've really allowed me to look at myself better. Not only as a player, but as a person. And just kind of realize how much self-growth I've done since I've been in Indiana," she said.

Her reference to being better as a person is attributed to her self-confidence and growth in becoming an adult. This also includes being responsible for oneself and accountable "no matter what the situation is."

Any adjustment challenges were over-

see NESBITT page 12

Recycle Right

Recycling for Containers

Rinse all containers and ensure they are clean of liquids or food

Plastic bottles, tubs, containers (caps can be left on)

Metal beverage cans, metal food cans

Aluminum foil and trays

Cartons

Glass bottles and jars

Plastic plant pots and trays (no soil)

Cardboard canisters

Styrofoam (food and drink only)

Plastic shopping bags (clean, dry, empty)

Recycling for Papers

Boxboard

Newspapers

Magazines & Catalogues

Paper (office, mixed, writing)

Envelopes (includes ones with windows)

Corrugated cardboard (flatten)

Paper beverage cups (lids go in Recycling for Containers)

Brown paper bags

Paper egg cartons, paper take-out trays

Toilet paper rolls, Paper towel rolls

Garbage

Must be placed in clear garbage bags

Plastic Ziploc bags, other plastic film & bags

Plastic food pouches

Cookie, chip, bar, snack bags and wrappers

Plastic straws, plastic cutlery

Disposable gloves, masks, sanitizing wipes

Food waste (consider composting)

Broken ceramics

Incandescent or LED light bulbs (not fluorescent)

Styrofoam block and peanuts

Diapers (consider cloth reusable)

Cotton balls, pads, swabs

Fats, cooking oil, grease (never pour down sink)

Municipality of
Dysart et al

Download our free mobile app
Haliburton County Waste Wizard

Download on the App Store | GET IT ON Google Play

www.dysartetal.ca
705-457-1740

Pandemic continues drawing people to Nordic trails

STEPHEN PETRICK

Special to the Echo

For so many, the last two years of the pandemic has included our winters of discontent.

The COVID crisis, which we now know is worsened in winter, leads to shuttered schools, boarded up businesses, empty theatres and malls. But it's also leading people, in the face of so much down time, to discover new leisure activities; ones that are safe, healthy and outdoors.

As a result, there's been a boom in cross-country skiing, says Thom Lambert, the president of the Haliburton Highlands Nordic Trail & Ski Club Association. He says that in 2020-2021 the club saw memberships rise to record levels. This winter, it's down slightly, owing, he suspects, to the lack of snow, but still high with 180 individual members and 120 family memberships.

He says other cross-country clubs in Ontario are experiencing similar rises and, on any given day, the parking lot attached to a well-groomed cross-country ski trail will most likely be packed.

"When I go to one of our areas, I see a parking lot with 40 cars in it; it's people being outside, getting fresh air, not being in front of a screen. It's something that gives us something to look forward to in this long hard winter."

When COVID ravaged Ontario in the winter of 2020-2021, the Ontario government shut down numerous non-essential

activities and many downhill ski resorts were closed. However, cross-country skiing routes were kept open, because they were considered safe, as the sport takes place outdoors and can be done with physical distancing.

The unintended consequence of that, Lambert says, is new people discovering and falling in love with the activity. He says the association's Jackrabbit program, which is a series of weekly training sessions on Saturdays for young cross-country skiers, has more than 80 registrants this year, another record number.

"That speaks to the fact that families and young skiers are being exposed to the sport; some people are going to keep doing it," he said.

Lambert, a cross-country skier with more than 40 years of experience himself, says he loves the sport because it provides great exercise in beautiful outdoor settings. Cross-country skiing, he says, doesn't lead to the same type of joint pain that runners experience; people in their 80s can do it. Another one of its perks is that it's affordable, given that it doesn't take a heavy toll on equipment. A good pair of skis can last 30 years, Lambert said.

The Haliburton Highlands Nordic Trail Association has three trail systems that it maintains. As long as there's enough snow on the ground, each is groomed to allow for the two styles of cross-country skiing: classic, the style which involves following two grooves in the ground, and skate skiing, which requires a wider path as skiers will be

pushing their legs back and to the side, similar to skating as the name suggests.

The Glebe Park trail offers 13.5 kilometres, including 1.5 kilometres lit for night skiing. The trail is right in the village of Haliburton, off Fleming College Drive and is considered challenging.

Then there's the 12.5-kilometre Moosewoods trail, which is off County Road 14, near Eagle Lake. It's considered an "easy to intermediate" trail.

There's also Twin Lakes, a seven-kilometre trail which is also considered "easy to intermediate" and "dog friendly." It's located on 12 Mile Lake Road off Hwy. 35, between Minden and Carnation.

As of mid-January, the Moosewoods Trail was completely open, but parts of Glebe Park and Twin Lakes were closed, due to the lack of snow.

"We're 10 centimetres away from having really good conditions," Lambert said at the time.

But when the snow falls, the association's army of volunteers begin to get the trails ready. Lambert says about 1,500 volunteer hours are put into making each season a success; that involves the almost daily task of grooming trails and keeping the membership system up and running.

A family pass for the season (which involves any combination of parents and children totalling five) is \$275; an individual season pass is \$145. The passes give access to all three trails. A day pass to use a trail is \$15 for adults and \$8 for children.

Lambert calls the day rate "the best

“

When I go to one of our areas, I see a parking lot with 40 cars in it; it's people being outside, getting fresh air, not being in front of a screen. It's something that gives us something to look forward to in this long hard winter.

— Thom Lambert, HHNTSC president

deal in the world."

The association takes pride in grooming the trails well and making sure they're accessible, knowing that the Haliburton Highlands has a high senior population and people who need safe, enjoyable and reasonably priced fitness activities.

"These trails make Haliburton Highlands a better place to live, there's no doubt in my mind," he said.

For details on the Ski Club Association, visit www.skihaliburton.com.

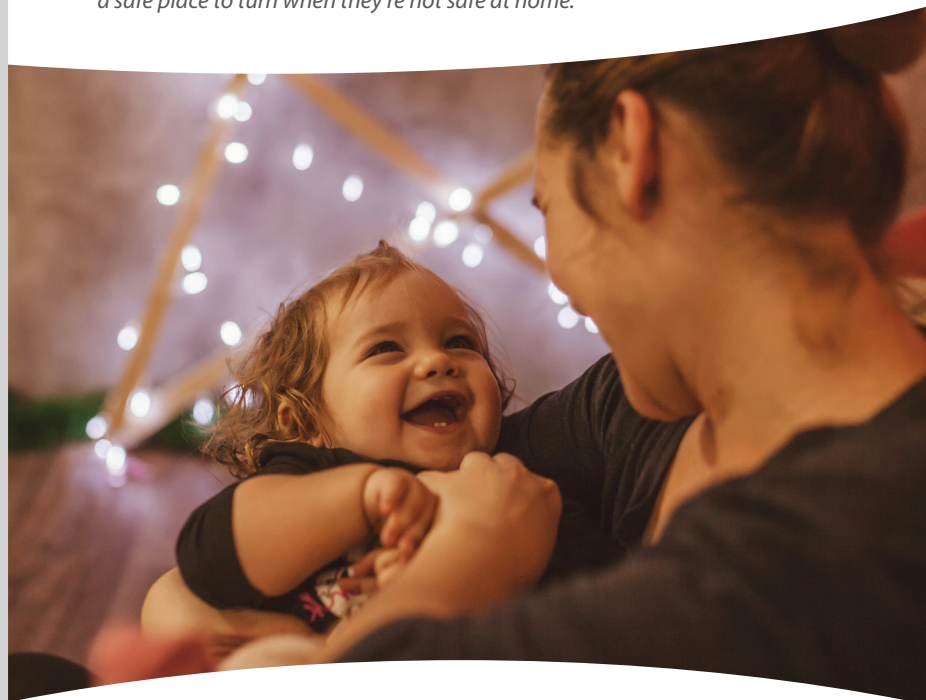


ywcahaliburton.org
705-286-1942

Thank you

to our matching sponsors and community donors for generously supporting YWCA'S Gift of Safety Matching Campaign!

Your compassion is helping to ensure that women and children have a safe place to turn when they're not safe at home.



With sincere appreciation to the two anonymous donors who contributed \$14,000 in matching gifts for services in Haliburton County!

Nesbitt targets national title

from page 11

come, she said, by virtue of her teammates, who are all going through similar things. She points out with the exception of one player, everyone is in their first year of school. She adds the coach, Hicks uses his many years of experience with running hockey programs to help. He's told them that it's okay to feel stress, but that it's important to push through "the mental part of that in order to build yourself up [to be] better."

Any homesickness or yearning to know what's happening up on the Highlands, is alleviated by staying connected with loved ones such as friends and family here. It has been important for her to use FaceTime, and Snapchat to remain in contact.

"It's keeping in touch. I don't like not hearing about what's going on, whether it's good or bad. I just like keeping that family connection. Because you always hear stories of people's kids moving away and never talking to them again. And I just love my family and my friends. And they're not something I want to shy away from," she said.

Her mother and father have been her biggest fans and supporters, driving thousands of miles and investing thousands in giving their daughter the opportunities for athletics, academics and life.

Cindy said her daughter has always been an independent and mature young lady, but she's taken another step in her maturity.

"Since moving away, I've seen her become an adult who has set her mind to

achieve goals and become a role-model for other young female athletes. Wyatt [her father] and I flew to Nebraska in September to surprise and see Sterling play for her first collegiate game," she wrote in an email.

The parents have also made two road trips to watch their daughter play.

Sterling said if she could offer advice to "future me" would be: "Just stay on top of everything and don't let off because when you stay on top of things, especially with hockey, you have good outcomes like our weekend with Adrian [College]."

The weekend Sterling is referring to is when the Warriors, who were No. 7 in the ACHA, beat No. 2 Adrian College in two straight games, 4-3 and 2-0 before the holiday break.

Sterling smiles, set against a blue winter sky above Head Lake and without hesitation said, "We genuinely think we have a good shot at being the first team to go to nationals that is a fresh new team. So, a lot of us are really striving for that and I just hope that we can just keep building off that."

GET IT online



www.haliburtonecho.ca

Huskies have captured the community's imagination

ALEX GALLACHER

Special to the Echo

At the end of what would've been the 2020-21 season, the OJHL's Whitby Fury weren't drawing very well. The team was among the bottom in attendance and needed a change, enter owner Paul Wilson and his team who helped come up with a winning solution.

Being from Haliburton, Wilson and his team filed the paperwork to move the team to the Municipality of Minden Hills and the new S.G. Nesbitt Memorial Arena. The team now sees sell-out crowds almost every night, and for Wilson he couldn't be happier.

While it might seem tough for a team to succeed in a small market like Haliburton County, a lot of things went into the decision and has helped give the team the best chance it can.

"We sold 251 season tickets," Wilson said. "I approached everyone that I knew that I was a hockey fan, all the local businesses and the response was just wonderful. A lot of people didn't know what Junior A hockey was and I hope that because these people have come out and seen how good the hockey is, I think we should have no issue doing just as good next year."

The community really rallied around the team. Fans supporting in droves, from cottagers to locals and everyone in between. Businesses have stepped up to sponsor the team, with the Huskies having one of the most decked out jerseys in the league. Companies like NFTC, Minden Subaru, Minden Auto Care and Dollo's Foodland are among the companies that can be seen on team uniforms during game days, but the list of partners extends a lot further.

Sitting among the top five in attendance, one of the only things limiting the Huskies is the amount of seats in the arena itself. However, the team plans to add in some indoor seating in the banquet hall come playoff time. Pending any updates to public health in Ontario, Wilson aims to pack the S.G. Nesbitt once the season is back underway.

"The county is not just a hockey county, but a place that sticks together," Wilson continued. "They support things and I'm so impressed because I knew they would rally together to help us make this team work. I won't lie, I never imagined it would become this successful but I do wish we had more seats in the arena!"

Wilson has ties to the Huskies that go back many, many years. Playing for the original Haliburton Huskies in the late 1960s, and was on the team that made it to the Ontario finals in Junior D. During that run, the team won the first two games but went on to drop four to end up losing the series 4-2.

Wilson didn't play the next season to attend the University of Toronto, but that season happened to be the year the Huskies became the 1971 OHA D Championship winners. Learning about his former team defeat the Exeter Hawks was disappointing for Wilson because he could've been a part of that team. However, more than 40 years later and Wilson is now back with the Huskies in a new era of hockey.

"I played for the Huskies when I was a teenager," Wilson said. "When the team first came here people ques-



Haliburton County Huskies have been an OJHL (Ontario Junior Hockey League) success story for owner, Paul Wilson, at back, and even had MPP Haliburton-Kawartha Lakes-Brock Laurie Scott talk about the team at Queens Park recently. Scott came to a game before the holidays to drop the puck for Huskies captain Nathan Porter, far left, and Toronto Jr Canadiens captain Liam Fedak on Dec. 17 at the S.G. Nesbitt Memorial Arena in Minden. on Friday, Dec. 17 at the S.G. Nesbitt Memorial Arena in Minden. /FILE DARREN LUM Staff

tioned why I didn't call the team the Monarchs since it was based in Minden. The reason behind that is the only way this team could be successful is if it represented the county as a whole. It couldn't be one city or the other, so it was imperative to me that it was a county team."

Wilson owned the team for two years prior to the relocation to Minden, and part of his reason for buying the Whitby Fury was that hockey runs in Wilson's family. Wilson played in his youth and his son-in-law and Huskies head coach Ryan Ramsay has a long history of pro hockey, having played three seasons in the AHL (American Hockey League) and seven seasons in the German DEL (Deutsche Eishockey Liga).

The team had on-ice success in Whitby, but off-ice it was a different story.

"We had little fan interest in Whitby," added Wilson. "We also received compensation from the town of Whitby and we had to pay for full ice rates. Luckily, after the move to Minden Hills they were willing to work with us on these things. We upgraded the dressing room and we added in a whole bunch of other cosmetic features, in return the gave us things like reduced ice rates and a seven-year deal."

The pandemic has been tough on so many people and the Huskies gave the county a chance to relax and take a breather. A chance to join together and cheer for a common shared interest. All this couldn't have been done without the hard work for all the staff and volunteers that help make game-day experiences the best they can be, the sponsors, the fans that come out each night, and notably the billet families that have welcomed the players with open arms.

With most of the players coming from outside Haliburton County, the Huskies rely on billet families more than any other team in the league. Wilson knows it's been a secret to the team's success because it has helped the players get to know each other better, raise team morale and overall build a strong camaraderie.

The success of the team has not gone unnoticed by the league. Wilson has received many positive letters from the OJHL, mentioning that other small communities have caught the hockey bug after watching Minden draw so well.

"The league is thrilled," said Wilson. "Not only have we turned around a franchise that wasn't doing so hot, but I'm confident if we keep getting community support with season tickets and such we can run a balanced budget. I want to do more things like [continue]inviting the minor hockey players to the games. It was great to see the 60 or so parents and grandparents there. The autograph signing was amazing and I was shocked to see so many people coming out for that so I'm thrilled for the future."

Wilson cares about this team a lot and truly believes in the community of Haliburton County. Being raised in the community as a child, Wilson relishes the chance to give back and create something that has united a county during such a tough time. Sport is something that unites the world, in the darkest of days and toughest of times, going to a hockey game with the family is second to none to help build morale.

Wilson believes so much in Haliburton County because they believed so much in him. As the season continues, it's only up for the Huskies in 2023 and beyond.

Huskies pack shore up blueline with OHL veteran

ALEX GALLACHER

Special to the Echo

Following the OJHL (Ontario Junior Hockey League) trade deadline, the Haliburton County Huskies have announced a significant move to improve the team's defence by acquiring Simon Rose. The 20-year-old last played for the OHL's (Ontario Hockey League) North Bay Battalion. He played five seasons with the Battalion, scoring 42 points with nine goals during his time in the OHL. Having a very successful under-18 career with the Pembroke Lumber Kings, Rose was named a top prospect ahead of the 2017-18 OHL draft.

The Ottawa resident was a highly sought-after signing and made the choice to come to Haliburton County.

"I'm excited to be here," Rose said. "Things just didn't work out in North Bay and coach Ryan Ramsay called up and brought me here to help the team win a champion-

ship. I know a lot of guys already like Christian Stevens, Christian Cicigoi and Nathan Porter from North Bay so I'm excited to be here."

Ramsay, who is also the Huskies general manager, has been interested in Rose for a while and was ecstatic to bring in a quality player to the Huskies blue line.

"He was a guy who brought in some experience," Ramsay said. "We've had him on our radar for a while now and it's nice to get the guy you want. He had his choice of nearly the whole league. He is a puck moving defenceman with good insight. He is going to be a huge part back there for us for our run down the stretch."

In an unrelated move, the team traded Josh Vagenas to the Oakville Blades to free up some space on the roster. Vagenas had been acquired from the Milton Menace on Oct. 19, and since then has only started six games due to suffering an injury. Not wanting Vagenas to simply sit on the bench all year, Ramsay wanted to give him a chance to play this season.

"He is a good young player but he got hurt when he

came," continued Ramsay. "As a GM you see these kids every day and he is a good kid and I want to see him do well. We brought in Simon and I don't want Josh to sit in the stands for the rest of the season. We figured it was crucial for his development for us to trade him and give him a chance to play."

The Huskies have also signed centerman Dylan Robinson from the Ottawa 67s. The 19-year-old played the last three seasons in the OHL, splitting time between Ottawa and Oshawa. Scoring 21 (nine goals and 11 assists) points in a combined 63 games, Robinson will wear No.52 while play for the Huskies.

With the Ontario government's return to modified Step Two set to end on Jan. 26, the team has been skating on lakes in small groups to keep ready. With the next home game to be played on Jan. 28, the Huskies will be looking forward to getting a strong start back on home ice

Inspiring a love for winter

A group of young Nordic skiers make their way across the snow during the first instructional Nordic skiing Jackrabbit program session of the season on Saturday, Jan. 15 at Glebe Park in Haliburton. Offered annually by The Haliburton Highlands Nordic Trail and Ski Club Association, the Jackrabbit is one of two youth programs (the other is Track Attack, which is for older skiers who have completed Jackrabbit), which provides instruction and encourages interest in cross-country skiing and sport. Weekly instruction sessions are held from 1:30 to 3 p.m. during the months of January and February and led by volunteer instructors for Nordic skiers as young as four. Close to 80 young Nordic skiers registered this year for the youth programs. /DARREN LUM Staff



A young participant, who is bundled up for the sub-zero temperature, follows commands during the first instructional Nordic skiing Jackrabbit program session.



Volunteer instructor Rob Kelly leads a group during the first instructional Nordic skiing Jackrabbit program session.



A volunteer instructor looks back while skiing, giving instructions to his students.

Grant funding available to local start-ups

ANGELICA INGRAM

Special to the Echo

Since signing up for ShopCloseBuy.ca, Kyla Grexton has been amazed at the local support and assistance she has received. The creator behind Keep Me In Stitches, Grexton makes handmade baby gifts, blankets, dishcloths and much more.

Grexton signed on for the local website as a new avenue to sell her items and expand her online presence.

"The local aspect was a HUGE determining factor. The support and promotion are why I'll stay," she said.

ShopCloseBuy.ca is a local initiative that offers an online presence for businesses and organizations to promote their unique items, experiences and more. The online website was created in Haliburton County by TechnicalitiesPlus and its mandate is to promote the wonderful offerings within the area to a broader audience.

Thanks to funding from the Haliburton County Development Corporation through the Local Initiatives Project (LIP), there are currently a number of grant opportunities for local businesses to sign up with ShopCloseBuy.ca.

Grexton is one of the LIP recipients and is happy to support a local website and keep her dollars in the community.

"I would rather my money stay local so this was perfect. I cringe at the likes of Amazon, so it's an honour to be part of a local option," Grexton said. "I truly hope the best for all at ShopCloseBuy.ca because they are doing great things for small businesses."

Through a partnership between SIRCH and TechnicalitiesPlus, the grants are available from now until the end of February and the application process is very inclusive and straightforward, Christine Hewitt of ShopCloseBuy.ca said.

"The qualifying process is very simple, they basically have a conversation with me," Hewitt said. "They don't have to jump through a lot of hoops to be approved and then we take care of everything for free for five months."

Businesses that apply and are selected will receive a multitude of benefits, including social media coaching and promotion, enhanced online marketing and much more through TechnicalitiesPlus and SIRCH. Selected entrepreneurs will have an opportunity to showcase their wares in the village of Haliburton and have their commission reduced for the first three months.

"It's a great partnership in that SIRCH can provide a new business, or one that is struggling financially, an opportunity to sell their products at the (SIRCH) Marketplace ... this is designed to give them support and leverage for their business, have more exposure physically in the Marketplace which is great and, then in addition to that, they get a professional video developed about their business," Hewitt said.

Described as a local Amazon, ShopCloseBuy.ca has a variety of items for sale, from locally made hand-blown beer glasses to fitness classes.

The LIP grant is available for new businesses, defined as those that have been around for one year or less, and those that have made less than \$35,000 in the year 2020. The grant lasts for five months.

There are a total of 20 grants available and 10 local businesses have already taken advantage of the program. Interested businesses have until the end of February to apply, however the sooner you apply the better.

"It's a great community effort and we have the funds," Hewitt said. "We need to get the word out, we want businesses to take advantage of this to help support their business."

Grexton has been doing her part to spread the word



Christine Hewitt, from left, of ShopCloseBuy.ca and SIRCH marketing and sales coordinator Eric Wolfe model Warm Heart Mitts at the SIRCH Marketplace last week. The mitts are the creation of Andrea Lopez, who is one of the vendors that has successfully received a Local Initiative Project grant through SIRCH and ShopCloseBuy.ca. LIP is accepting applications for grants from now until the end of February. /Photo Submitted

about this opportunity to other local artisans and creators.

"I have been telling others about it just based on the support alone. I have done tech support in the past, so when someone goes above and beyond in the support department, I tend to make sure others know that they won't be left to flounder. With the way a lot of customer service is these days, this is such a huge thing," she said.

In addition to for-profit businesses, ShopCloseBuy.ca is available to not-for-profit organizations and charities, and has great online auction capabilities. Each vendor on the site has their own custom/brand vendor page, with a description of their business, contact information, social media links and much more.

"ShopCloseBuy.ca is as much a marketing site as it is an e-commerce site," Hewitt said. She adds that some businesses have even gained volunteers through the site.

"The goal is to create a mini-Amazon," she said. "You can sell, promote, auction, market your business, no matter what it is."

With the pandemic events of the past year-and-a-half, many people are turning to online sites to shop and Hewitt points to this site as a great way to keep dollars in our community.

Marketing and sales coordinator for SIRCH Community Services, Eric Wolfe agrees and is excited to be working with businesses to help promote their offerings.

"If you've got this great idea and don't know where to go with it ... this gives them the platform to get their foot in the door."

Wolfe will work with each applicant to create an individualized plan.

"We've got this opportunity here, please reach out. How often do you have someone say we want to help you market your business at no cost," he said.

For more information about ShopCloseBuy.ca or to apply for the grant visit www.shopclosebuy.ca or email info@shopclosebuy.ca or call 705-457-9977.



Notice (Applicant - Moir)

In the matter of the *Municipal Act* and in the matter of a proposed By-law of the Corporation of the Municipality of Highlands East to close, stop-up and convey certain portions of the Original Shore Road Allowance along the shore of **Koshlong Lake**, more particularly hereinafter described.

Notice is hereby given, pursuant to the *Municipal Act*, S.O. 2001, and the Municipal Procedures, that the Township Council of The Corporation of the Municipality of Highlands East proposes to consider and if deemed advisable, to pass a virtual meeting on **Tuesday, the 8th day of February, 2022**, at 9:00 a.m., a By-Law to close, stop-up and convey to the adjacent land owners the following described lands:

Part of the Original Shore Road Allowance in front of Lot 9, Concession 15, Township of Glamorgan, Municipality of Highlands East, County of Haliburton, shown as Parts 2 and 3 on Plan of Survey 19R-10575 made by **Van Harten Surveying Inc., completed May 22, 2021**.

The Plan of Survey 19R-10575 is available to you for inspection by making an appointment at the Municipality of Highlands East offices, Wilberforce, Ontario.

The above described lands, by resolution, have been declared to be surplus. If you wish to attend the virtual meeting, please call or email the Municipal Clerk prior to the day of the public meeting so you can be provided with a link or phone number for the meeting. If you do not have the capability to attend a virtual meeting, please provide written comments to the Municipal Clerk prior to the public meeting.

Any person or his or her counsel, solicitor or agent who attends the virtual meeting shall be afforded an opportunity to make representations in respect of the within matter.

And Take Further Notice that if the public wishes to participate regarding the purchase of Shoreline Road Allowance please contact the Municipal Clerk.

Dated at the Municipality of Highlands East, Wilberforce, Ontario this 11th day of January, 2022.

Robyn Rogers, Municipal Clerk
Box 295, 2249 Loop Road WILBERFORCE, ON
K0L 3C0
rrogers@highlandseast.ca 705-448-2981

Hike Haliburton – Winter Edition cancelled

STEPHEN PETRICK

Special to the Echo

Another event is taking a hike, thanks to COVID.

The Hike Haliburton - Winter Edition festival, scheduled for Feb. 5 and 6, has been cancelled. The news was made official at the Wednesday, Jan. 12 Haliburton County council meeting, held virtually, when councillors voted to accept a recommendation to cancel the county-run event.

Haliburton economic development and tourism director Scott Ovell said the "optics" of planning the festival

with Ontario in a Modified Step 2 re-opening plan would not be good.

He said his department will pursue grants so the county can look at holding a "bigger and better event in 2023."

Warden Liz Danielsen agreed with the recommendation saying, "sadly, it's a no-brainer."

Hike Haliburton - Winter Edition, which last took place in the winter of 2020, is an economic development generator for the county, as it gets local residents and tourists out to county hiking trails and eating at local restaurants. The event has volunteers lead hikers on guided snowshoe hikes at various locations in the county.

Crossword brought to you by

Ken Barry
Broker
705-754-5280
ken@kenbarry.com

Jacquie Barry
Realtor®
705-457-0652
jacquie@kenbarry.com

"Out Standing In Our Field"

**RE/MAX**
PROFESSIONALS
NORTH



1	2	3	4				5	6	7	8	9	10			
11							12						13	14	15
16							17				18				
19				20	21			22	23					24	
25							26						27		
28							29					30			
				31	32						33				
34	35	36	37						38						
39						40	41	42							
43					44						45	46	47	48	
49				50						51	52				
53				54					55						
56		57						58				59			
60					61	62						63			
				64								65			

- CLUES ACROSS

 - 1. Remain as is
 - 5. Functional
 - 11. News magazine
 - 12. Popular treat
 - 16. Area units
 - 17. Artificial intelligence
 - 18. Marten valued for its fur
 - 19. Forms of matter
 - 24. Home of the Dodgers
 - 25. Bordering
 - 26. Part of the eye
 - 27. It might be nervous
 - 28. Visualizes
 - 29. Crest of a hill
 - 30. Measures engine speed (abbr.)
 - 31. Tears in a garment (Br. Eng.)
 - 33. Not easily explained
 - 34. Song in short stanzas
 - 38. Detonations
 - 39. Intestinal
 - 40. EU cofounder Paul-Henri __
 - 43. Balmy
 - 44. New Mexico mountain town
 - 45. Gobblers
 - 49. Insecticide
 - 50. Golf scores
 - 51. Has its own altar
 - 53. "Pollock" actor Harris
 - 54. Being livable
 - 56. NHL play-by-play man
 - 58. "The Great Lakes State" (abbr.)
 - 59. Unpainted
 - 60. Swam underwater
 - 63. Native American people
 - 64. Containing salt
 - 65. Exam
- CLUES DOWN

 - 1. Small bone in middle ear
 - 2. Long, angry speech
 - 3. Move out of
 - 4. Male organ
 - 5. Two-toed sloth
6. Making dirty

7. Article

8. Oil company

9. Emits coherent radiation

10. Amounts of time

13. Unit equal to one quintillion bytes (abbr.)

14. Forbidden by law

15. Drains away

20. Not out

21. Sea patrol (abbr.)

22. Bird genus

23. Gratuity

27. __ and feathers

29. Spiritual part of an individual (ancient Egypt)

30. Hot beverage

31. Pouch

32. It followed the cassette

33. Large northern deer

34. Ones who offer formally

35. Famed genie

36. Bequeathed

37. Skeletal muscle

38. Atomic #56

40. Silk garment

41. They deliver the mail

42. Equally

44. Check

45. Light-colored breed of hound

46. Drug that soothes

47. Railroads

48. Most slick

50. Jacket

51. A radio band

52. Hello

54. His and __

55. Supporter

57. Popular software suite (abbr.)

61. Railway

62. NY coastal region (abbr.)
- Answers on page 17



Golden gift for Christmas

Eagle Lake's eight-year-old Everly Etmanski, from left, wears the Olympic gold medal won by Canadian women's national soccer team player Jessie Fleming on Dec. 26 at a family cottage on Little Kennisis Lake. Fleming, who won the gold medal with the Canadian women's national soccer team at the Tokyo Games, was up in the Highlands visiting with family. This included the visit with the Stuart Baker Elementary School student, Everly and her mother and first cousin, Heather Inness. Fleming plays professionally for Chelsea F.C. based in London, England, which is part of the Barclays FA Women's Super League and features many of the top female soccer players in the world. Fleming was named 2021 Canada Soccer Player of the Year. /Submitted by Heather Inness

Reflecting on the absence of Christmas

community news

west guilford
Eleanor Cooper
754-2278

Rather than news, (because I don't have any) I resort to post Christmas comments. It is a let down to have no more presents to open, nor long distance phone calls to expect, and I can't even plan a specific dinner. Candles that used to burn bright aren't lit so much anymore and the ornaments on the tree have been packed away.

Does this sound like a complaint? Not really. I'm just adjusting to a lower gear and shifting focus for less activity as I relinquish the festive delights for mundane tasks. Stacks of former correspondence need to be perused. Do I really need to keep the ones already answered, in some cases forgotten? And how about the snapshots no one thought to label with names much lest the year. As the

neglected pile gradually diminishes, the expected cleared spaces give evidence of industrious diligence.

My children will bless me for the forethought when it comes time to move to smaller accommodation. There are certain rewards for the present occupation: letters from well-loved person of long ago, pictures of the same. Satisfaction abounds as I write responsive notes, or long letters to people I want to remember again. This means that in due course more script and mementos will accumulate, but at least I'll know how better to file it all and, oh, the feeling of having settled so much gives a temporary feeling of virtuosity, fleeting though it be. Reward comes in the form of time spared for that book I can't leave alone, or the piano piece I finally get to practice. The jig-saw puzzle I've promised myself to attack may actually come to light. The sorting of books will next demand attention as will those items of clothing, which will be much easier to deal with. Anyone volunteering to visit? I thought not, just asking. Such are the rumblings of your reluctant reporter. Let me know if you have any comments or answers!

Keep the hope

Three years in – Responses from local political representatives

CHRIS DROST

Staff Reporter

Deputy Mayor Cec Ryall, Highlands East

It has been just over three years since municipal councils began their current term of office. With the next municipal election now less than a year away, we invited local political representatives to answer a few questions about their background and how it has helped them in their role, what they see as their greatest success so far, the most difficult challenge, and what they would like to accomplish in their community in the year ahead. Responses will be printed in the coming weeks in the order received by email or through phone interviews.

What is the cumulative time you have spent as a municipal representative for this municipality?

I was first elected in October 2010, representing Highlands East in Ward 3. In the last election I was acclaimed and also became deputy mayor.

What in your personal background/experience has best helped you to be an effective member of council?

I owned my own business before retiring after some health challenges. I developed a five-year plan to close out my practice as an operations engineer. I worked with companies that were underperforming and helped fine tune them. Once elected I noticed that we were not communicating as effectively as we could, especially with the seasonal residents. As a municipality we want to be more accessible. I also worked on improving internal processes. Of course, this was not me alone, it was done by working together with others.

Three years into this mandate, what do you believe has been this council's greatest achievement so far?

Our greatest achievement so far is keeping things under control in times of COVID-19. Two of the three years of this council have had COVID-19, but we got a lot of work done and kept things going. We tried to be as pro-active as we could and keep everything going how it is supposed to.

Is there anything council has made a decision on in the past three years that you wish you could have a chance to re-do?

Not really. You could always do more. Money is always a problem. I would have liked to have helped more businesses and work with the unemployed by getting more retraining going. I hope that will be a priority. When we did the Business Retention and Expansion project the businesses said they could increase sales by 10 to 15 per cent if they had more skilled labour. Demand is huge for the trades. Just think about our building permits going from \$10 million to \$40 million. We don't have enough skilled trades.



Highlands East Deputy Mayor Cecil Ryall. Photo submitted

What is this council's greatest challenge in the year ahead?

Getting through COVID-19 and dealing with it. How do you service people properly? The challenges coming from COVID-19 will have to be dealt with. Some of the way we do business will have to change, at least semi-permanently. We need to keep the lines of communication open so we hear the needs of our people and they hear us. Seasonal residents don't always pay attention to what is happening here and just see things on social media. It is restrictive when you can't talk to people directly.

What do you hope this council can achieve in its last months in office?

I honestly don't know. Steady the course. We may know more in April. Hopefully broadband and cell connectivity will be improved, although this is a bigger

effort than just Highlands East. This is one of the few things COVID-19 has helped with. It has pointed out the disastrous situation with connectivity. We also need to address the need for more recycling and the handling of garbage. There are also a lot of pressures on older systems such as those in Cardiff.

I think it is going to be an extremely challenging year. There are two things we should not do: Don't panic and don't throw in the towel.

We need to stay the course and do the best we can with what we have. We need to keep the confidence of our people. One day this will all be over. We are now being pushed into areas we as municipalities never were. Municipal governments have to step up. We need to use our ability to lobby ministers or their executives at ROMA (Rural Ontario Municipal Association) and AMO (Association of Municipalities of Ontario).

CROSSWORD ANSWERS

T	S	E	T		E	N	I	L	A	S		
S	O	T	O		D	E	L	E	K	R	O	N
E	R	A	B		I	M		R	E	M	I	R
Y	T	I	L	I	B	A	T	I	B	A	H	D
L	E	P	A	H	C		S	R	A	P		D
S	M	O	T		S	O	A	T		T	F	A
				K	A	A	P	S		C	A	E
S	T	S	A	L	B			D	A	L	L	A
E	I	R	E	E		S	G	A	C	S		
H	C	A	T		P	A	N	K		S	E	E
C	I	T		S	I	R	I		G	N	I	G
A	L		S	E	T	A	L	U	C	I	T	R
E	L	B	A	S			A			S	E	R
L	I	E	R	A	P	N	O	N		E	M	I
		E	L	B	A	S	U			T	E	T

Take the Haliburton Echo with you anywhere!

Subscribe to our e-edition for just \$29/year and have the Echo delivered to your inbox every week. Perfect for people on the go, travelling, visiting the cottage or going south for the winter. It's fast, convenient and a great deal at only \$29/year. Call Debbie to subscribe at 705-286-1288 or email debbie@haliburtonpress.com

Here's My Card

BUILDERS & CONTRACTORS

G. Rowden Building
Specializing in

- Cottage lifting
- Basements
- Perimeter Walls
- Concrete Slabs

(705) 457-2168

BUILDING SUPPLIES

EMMERSON RENT-ALL

Husqvarna STIHL

63 Maple Ave., Haliburton Phone: 705-457-1550
Out of Town Customers Call: 1-888-339-3325
email: information@emersonlumber.com • www.emersonlumber.com

Cottage Country Building Supplies

15492 Hwy #35, Camarvon
Phone: 705-489-2212 Toll Free: 1-844-308-4212
www.cottagecountrybuildingsupplies.com

***Insulated Concrete Forms (ICF)**
(insulation, vapour barrier and studs in one form)

Everything you need for an ICF Build
(Block, rebar, foam, bracing, zip ties and more...)

Guided installs and experienced local builder referrals

EVERYTHINGICF
BY WOOD LUMBER

Bill Wood

Cell: 647.236.WOOD (9663)
Office: 705.306.4911
Web: everythingicf.ca
Email: info@everythingicf.ca

amvic
building system

7581 Hwy 118, Minden Hills

CHIMNEY SERVICES

MYERS CHIMNEY
A Division of 2277341 ONTARIO INC.

- Sweeping • Installation
- Repair • Inspection
- Stove Glass Replacement
- Wood & Pellet Stove Sales & Service

Visit our showroom on South Lake Road
705-286-1245
www.myerschimney.com

Blaze King Sirocco 30hr burn time

COTTAGE SERVICES

Cottage Check

Weekly/Bi-weekly Cottage Surveillance
Cottage Opening/Closing
Dock Installation/Removal
Snow Removal of Decks/Walkways/Roofs
UV Systems & Filters, Firewood

Relax Let me do the work!

Call or text
Norm Barry
705 457 0153
info@normbarry.com
www.normbarry.ca
Fully Insured

Local Services
at your
fingertips!

HEATING & COOLING

KEGEL
HEATING & COOLING

Tim Kegel

Bus: 705-341-9170
Fax: 705-489-4522
Email: kegelheatingandcooling@hotmail.com

- Geothermal Systems
- Furnaces
- Fireplaces
- Hot Water Tanks
- Air Conditioning
- HRV's
- Radiant Floor Heating
- Chimneys
- Ductwork
- Radiant Tube Heaters
- Gas Piping
- Boilers
- AND MORE

MASONRY SERVICES

Concrete Slabs
Block & ICF Foundations
Specializing in Foundation Sealing
Epoxy Floors

D&K MASONRY

Derek Rowden
705-754-0466

dandkmasonry1@gmail.com
www.dandkmasonry.com

QUALITY WORKMANSHIP | Fully Insured

Kema Masonry

David Sikkema 705.457.0249

Natural Stone • Manufactured Stone
Stone and Brick Veneer

david.sikkema@gmail.com
www.kemamasonry.com

ELECTRICAL SERVICES

Celebrating Over 40 Years in the Haliburton Community

Sharp Electric

COTTAGE • HOME
COMMERCIAL • INDUSTRIAL
Electrical Contracting & Services

Info@sharpelectric.ca 705.457.2640 sharpelectric.ca

Pole Lines
Hydro Poles
Electric Heat
Service Upgrades & Repairs
Back-up Generator Systems

FLOORING SERVICES

D & K Epoxy Solutions

Epoxy coverings, the future of durability, style and quality we stand behind...

- Professional Grade Products For Residential And Commercial
- Floor Grinding, Polishing, And Repairs.
- Decorative Coatings
- Metallic Epoxy Floors
- Chips And Quartz Floor Systems
- Indoor And Outdoor
- Cover Plywood, Concrete, Decks And More...

Derek Rowden dandkepoxy@gmail.com | www.dandkepoxy.com
705-754-0466 WSIB Coverage | Fully Insured

We take your business
personally!

PROPERTY SERVICES

AM PROJECT SERVICES

SNOW PLOWING
LAWN CUTTING
SMALL ENGINE REPAIRS
SNOWMOBILE & ATV

AL & LISA McPHERSON
amprojectservice@gmail.com
705 896 0438

REPAIR SERVICES

TASN The Appliance Service Network

Rick Gibson
Certified Technician

705.489.1114
rick@tasn.ca
www.tasn.ca

Servicing All Makes of Appliances Since 1983
Caring for our neighbours from Dorset to Minden to Haliburton

SEPTIC SERVICES

FRENCH
Septic Pumping

Septic & Holding Tanks Pumped

705. 457.1152
Mike & Laura Shepherd

Email: lshepherd@shepherdenvironmental.ca

Year Round Service

Pipes Frozen?

Let us help make your winter the easiest part of this year.

Introducing Our NEW Plumbing Services:

- Water Line Thawing
- Septic Line Thawing
- Heat Line Installation
- Water Well Repairs
- Septic Repairs

Make your first call the only call you need to make.
Total Site Services - It's in the name.

Serving All Of Haliburton County
Call us today 705-457-9558 or visit us online www.totalsiteservices.ca

WATER & WELL SERVICES

SERVING COTTAGE COUNTRY SINCE 1987

- Water Treatment Systems
- Winter Water Systems
- Well Systems
- Waste Water Systems
- Viqua UV Systems
- Heat Cables
- Hot Water Tanks
- Hot Tub Water Care Service
- Beachcomber Hot Tubs
- Marquis Spas
- Operations of Small Drinking Water Systems
- Limited Sub Systems
- Well Contractor
- Well Technician

THE PUMP SHOP
Your Water Specialists

5161 County Road 21, Haliburton, ON
ThePumpShop.ca | info@thepumpshop.ca
705 457 2638 1 888 312 PLUMP

Canoe FM Radio

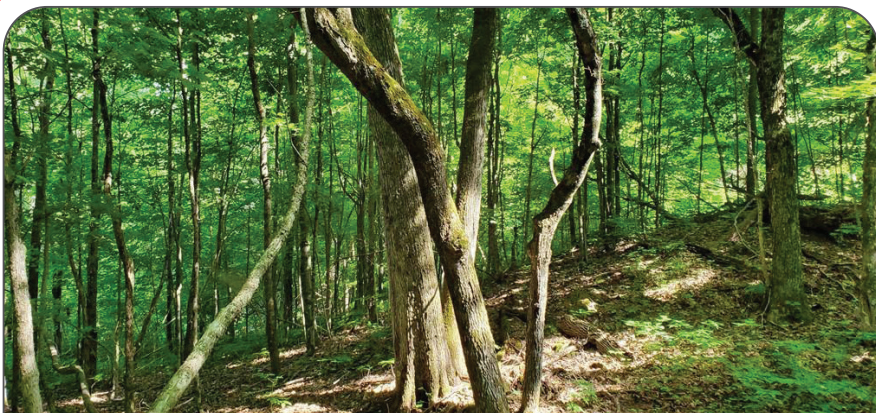


Hottest
Game
in Town!

CANOE
100.9 FM

Listen and Play every Tuesday Night at 6pm
Three games are played each Tuesday Night

For information and a list of stores
selling bingo sheets go to
www.canoeFM.com
manager@canoeFM.com
You can win up to \$800.00 every week!
Bingo License #M819775



JUST LISTED

MINDEN ACREAGE - \$334,900

Just listed! Check out this beautiful 32 acre country property today! Very nicely treed with fabulous privacy, yet only a short distance from all downtown amenities. One of the last large tracts of land overlooking Minden. Enjoy hiking, atving, snowmobiling and wildlife galore. Build your dream home or getaway hobby farm house with room to roam. Zoned Rural.

Bill Kulas

Sales Representative
Cell: 705-457-5577
www.billkulas.com



RE/MAX
PROFESSIONALS
NORTH



FOUR PLEX NEEDS A NEW LANDLORD

- Recently Renovated FOUR units
- 1 - two bedroom and 3 - one bedroom
- Large Private Lot, LOADs of Parking
- Large oversize garage needs some TLC



Lynda Litwin

Sales Representative
Cell 705-457-8511
www.lyndalitwin.ca



RE/MAX
PROFESSIONALS
NORTH

Lisa Mercer Broker

Cell 705-457-0364

www.lisamercer.ca



RE/MAX
PROFESSIONALS
NORTH

*Don't
keep
me a
secret!*



RE/MAX
PROFESSIONALS
NORTH

12621 Highway 35, Minden
beside Subway Restaurant

follow us!



*Not intended to solicit properties or clients currently listed

**The Ultimate in Professional
and Personalized Service**



Terry Carr
Sales Representative

705.935.1011

Terry@MovingTheHighlands.com

MovingTheHighlands.com



Moving the Highlands

RE/MAX
PROFESSIONALS
NORTH

Box 1010, 12621 Hwy 35
Minden, ON K0M 2K0

DITCH THE DISH

**ENJOY YOUR FAVOURITE SHOWS,
NO MATTER WHAT THE WEATHER IS.**

With **NFTC TV**, you don't have to deal with that problematic satellite. Our fibre-to-home network delivers HD channels regardless of the weather, allowing NFTC's customers to stay indoors during this cold winter season.



NFTC

1-888-638-3575 • www.NFTCtelecom.com

chrisv@nftctelecom.com 705.313-5579

WWW.NFTCTELECOM.COM

Haliburton Echo

Classifieds

Call 705-457-1037 classifieds@haliburtonpress.com Deadline Friday at 4 pm.

**Classified Word Ad
Special**

25 Words
Your ad will run in
The Echo, The Times
& County Life
Only \$15 +HST

200 FOR SALE

FOR SALE "BILLBOARD
SIGN LOCATION FOR RENT.
HWY 118 WESTBOUND
BETWEEN QUEEN'S LINE RD
& BOBCAYGEON RD. PLS CALL
705-457-0473 FOR DETAILS.

220 FIREWOOD FOR SALE

CUT SPLIT & DELIVERED
seasoned firewood.90% maple/
all hardwood. Very clean wood.
Dry also available. CALL AND
INQUIRE: 705-930-7198

280 WANTED

SCRAP CARS, TRUCKS &
MACHINERY REMOVED
\$\$ CASH \$\$ PAID
Free Pick up.
Call Today 705 340-2094

300 FOR RENT

APARTMENTS FOR RENT:
Two bedroom \$1100.00/month.
One bedroom \$1000.00/month.
Heat and hydro included. No pets/
smoking. References/credit check
required. **PHONE: 705-854-3758**

BACHELOR APARTMENT -
Furnished NON SMOKER & No
Pets. First and Last and References
Required CALL 705-454-3024

380 COMMERCIAL SPACE FOR RENT

SELF CONTAINED STORAGE
UNITS for rent, discounts available
located on Industrial Park Road in
Haliburton. CALL 705 457-1224

390 SERVICES

Batteries & Generators

Batteries, all types;
Truck, Tractor,
Snowmobile, Motorcycle,
Generators;
Standby & Regular
PLUS Tractor Chains
1-800-954-9998 or (705) 741-6097
KawarthaBattery
@gmail.com

STEEL ROOFING & SIDING

29 gauge steel Galv \$120 per sq.
40 year paint \$150 per sq.

ON SALE...

Painted \$144 per sq.

Barr Steel Sales

705-723-8080

www.sbsteel.ca

390 SERVICES

ROY PETRY Renovations

*Counter Top Replacement/Bath Remodel
Windows/Doors
*Handyman Services
*Wood Flooring *Trim Work
*Interior/Exterior Painting
Pressure Cleaning
*Fixtures & Fans Installed
*Drywall Taping & Repair
*Deck Building & Dock Repair
~NO JOB TOO SMALL~
705-457-7179 cell

**Same Day
Screen Repair**
call or visit the
**CARRIAGE
HOUSE**

705-286-2994

www.haliburtonroom.com

560 ANNOUNCEMENTS

NORWOOD COUNTRY
JAMBOREE July 14 - July 17 2022
Norwood Fairgrounds Call for tickets
Bill Bekkers (705) 448-8814 OR
1-800-954-9998 OR (705) 741-6097
Website:
www.norwoodcountryjamboree.com

400 EMPLOYMENT OPPORTUNITY

REPUTABLE BUILDING CONTRACTOR

looking for a person
with carpentry
experience.
Must have a valid
drivers license.

**Please call
705.754.4603**

600 FUNERAL SERVICES

HALIBURTON
**Community
FUNERAL HOME**
"Providing a Service
that respects your wishes"



13523 Highway 118, Haliburton
705.457.9209
www.communityfuneralhomes.com

400 EMPLOYMENT OPPORTUNITY

**Are you over 50 and want
to make a career change or
re-enter the workforce?**



Take our
**50+ Transitions:
Working with
Experience**
Free Training Program

- Build employability skills
- Learn job search and self-marketing strategies that will attract employers
- Receive career coaching and help with your career transition
- Connect with employers to discover networking and placement opportunities

Starts in February, book your spot today!

Call (705) 457-2020 or e-mail
flemingcrew@flemingcollege.ca

flemingcrew.ca



FLEMING
CREW Employment Centre

In the market for a new job? Look here for new opportunities!

Gordon A.
Monk
Funeral Home Ltd.
& Pre-planning Centre

(705) 286-2181
Toll Free 1-888-588-5777
Fax: 705-286-6661
127 Main St., Minden

"Serving Haliburton
and Victoria
Counties"

**Call for information
explaining many of
the options available to you.**

We can help...

- We offer pre-need and at need packages for cremation, burial and memorial arrangements
- Family and reception centre
- Kids play room
- Bereavement support, services & lending library
- Affordable cost options

Representatives for Lons Memorials (visit our on site display)

www.gordonmonkfuneralhome.com

WE DON'T BREW OUR BEER FOR THE AWARDS.



BUT HE DOES!

Our brewmaster, Andrew Kohnen, threw away a successful career in logistics to pursue his dream of reconnecting with the brewing roots of his family. This carried him to the UK's prestigious Brewlab in Sunderland, England, where he procured the alchemy that would drive his signature brewing style.

He took what he could from there and ventured to Scotland, Cornwall, and ultimately to Krefeld, Germany, working in the same brewery that had belonged to his ancestors. He came home to Canada for Hockley.

You could call it dumb, but we call it destiny.



Andrew Kohnen
Brewmaster

Hockley

HOCKLEYBEER.CA

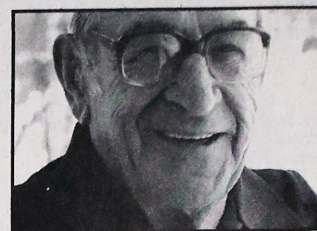
INSIDE THE ECHO



Cathy Boake spent last year in Australia and found she did a lot of talking about the weather and answering questions about snow. For details, see page 3.



Health enthusiasts want to start up a County Fitness Centre and need 100 other members to sign up by the middle of February. For details, see page 7.



Men who worked at the International Coopersage will remember the smile and stories of the green side's foreman, Brant Sisson. For more details, see page 8.

THE HALIBURTON COUNTY ECHO

AND MINDEN RECORDER

Vol. 106 No. 12

Wednesday, January 27, 1988

'The voice of the Highlands'

20 pages 50 cents



Riding for handicapped kids...

Some 82 participants raised more than \$15,000 for handicapped children in the Haliburton Rotary Snowarama on Saturday. Here John Robinson, centre, who rode for \$2,030 in pledges, the highest amount

brought in by an participant, looks on as Rotarian Maurice McKee, right, provides a free fill courtesy of Shell Oil and local Shell dealers.

Snowarama riders raise \$15,000

Abundant snow in the area helped draw riders to the Haliburton Snowarama on Saturday

Haliburton Rotary's Snowarama for Easter Seals was a huge success last Saturday, raising more than \$15,000 in cash and pledges. A total of 82 riders turned up at Haliburton Forest and Wildlife Preserve to participate in the 100 kilometre ride, one of dozens held across Ontario in support of physically handicapped youngsters.

Most riders collected money from sponsors before the ride began, and as a result, about \$12,500 in cash was handed over at the registration desk, an amount that almost matches the combined total of cash and pledges from last year's ride.

The traditional rivalry among local riders to raise the highest pledge total spurred participants to new heights. The honour of riding for the most money went to John Robinson, who took over from long-time leader Paul Wilson with \$2,030 on the pledge sheets. Wilson's total this year was \$1,120.

Two local public school youngsters also pitched

in to make this year's ride a success. Joel Edwards brought in a total of \$200, while Jason Parish had more than \$80 to show for his efforts to sign up sponsors.

Weather conditions were just about ideal for the ride, with temperatures a few degrees below the freezing mark and light winds.

Lack of snow in other areas may have given the local ride a boost this year. While the Highlands have less snow than in other years, trail conditions are considered good, and participants seemed happy both with the weather and the route.

Riders received a free fuel fill up courtesy of Shell Oil and area dealers Sid Stamp Fuels, Shamrock Service Centre, Eagle Lake Foodtown, Riverside Garage and Fort Irwin Marina. Participants also got a free lunch at the half way mark in the ride.

Minden Rotary will hold its Snowarama on Saturday, February 13.

Echo and staff win awards for excellence

THE ECHO and its staff have won four more awards in provincial community newspaper competition. The four awards, announced last week by the Ontario Community Newspapers Association, compliment the 17 other provincial and national awards The Echo and its staff have garnered in the past few years.

The Haliburton County Echo captured second prize for overall excellence in Ontario community newspapers with a circulation of between 4,500 and 6,500 copies. The award, judged by media representatives from the Maritime provinces, is based on issues from May and November of 1987.

The Echo's editorial page was judged to be the best among all newspapers in its circulation category, based on content and presentation.

Editor Len Pizzezy also was a winner in the photography contest sponsored by Ontario's Ministry of Natural Resources, for a photo published on The Echo's editorial page last summer.

And for the second year in a row, staff reporter Martha Perkins has won an award for her feature writing. A series of her stories on the area's early days as recalled by older residents, won second prize from Ontario's Ministry of Citizenship and Multiculturalism.

Echo publisher Len Pizzezy said the awards would not have been possible without the commitment and hard work of the newspaper's staff.

"Our goal has always been to produce a newspaper the community can be proud of," Pizzezy said. "We want to do the best job we can for readers and advertisers. And if the quality of our work is recognized by others in the industry, it's a bonus that makes the effort even more worthwhile."

The awards will be presented at the annual Ontario Community Newspapers convention in Toronto in early March.

Guelph residents sign petition against bounty

by MARTHA PERKINS
Staff reporter

The "nay" vote objectors to an increased bounty on wolves have a few more members on their side - 237 to be exact - after a former Haliburton resident started a petition urging the county of Haliburton to reconsider its position on the threat of wolves.

"From an ecological perspective, we feel that the bounty on wolves is unnecessary and even harmful, for not only does the wolf have an important function in maintaining a balance among other species, but it also has an inherent ability to regulate its own population in accordance with the abundance or scarcity of food," the petition reads. "We feel that the protection of this wild, intelligent creature should be encouraged and we urge the government to enforce its law (that wolves are entitled to some hunting protection because they are fur-bearing animals)."

The originator of the petition is 19-year-old Megan Perigoe Stitt, a Grade 13 student in Guelph who lived in Haliburton for five years. It was during those years she met naturalist and author R.D. Lawrence, who was giving a talk at the Raily's End Gallery about his book on cougars. She was interested in wolves, but she welcomed any opportunity to meet the author of the many books she had read while living in the city.

A friendship developed once

Megan told Lawrence about her fascination for wolves. For her it began when she was in Grade 4 and her father took her camping in Algonquin Park. One day they saw a wolf standing four feet away from them. "I was just fascinated by it and impressed by the way it was looking with his eyes." The image of that wolf would stick with her for years.

When Megan and her family moved away a little more than a year ago, that friendship did not wane and in January, Lawrence phoned her to tell her about Haliburton County council's decision to increase the wolf bounty from \$25 to \$50. She was already on his side about objecting to the decision, but phoned warden Murray Fearrey to find out more about it. She also looked through the Game and Fish Act to find the clause which stated the proposed bounty was illegal since 1980.

Lawrence suggested she write a letter to the Echo, which she did, but Megan also decided to draft a petition "to let the council know that people are aware of what's going on in Haliburton."

In a telephone interview, she said that outside opposition to the bounty is merited because "in one sense it sets a precedent for other areas."

But what she didn't want was people in the farming area of Guelph to sign it just because they knew her.

"Actually, I was quite interested to see the reaction," she said. She sent a covering letter to the highschool

continued page 2

Local students to stage 'mini' Olympic torch relay

by MARTHA PERKINS
Staff Reporter

IF YOU can't make it to Calgary for the Winter Olympics, and the television version just doesn't quite match the real thing, don't worry. A mini Olympics will be taking place in Haliburton; mini that is, because the participants will be the students of the J. Douglas Hodgson Senior Elementary School.

On February 1, a hand-made torch (there's no flame) will begin on its path from the front of the school at 9:30 in the morning. From there, 34 school participants will carry it in short relays, going from the school, through the highschool property, along Highway 121 to the street light on Highland Street, south along Maple Street to York Street, past the Raily's End Gallery, go back on the highway until

Relay marks the start of a month of Olympic activities at J.D. Hodgson School

making a left onto County Road 1 and then end at the school.

The torch bearers are two representatives, picked at random, from each home room class, one person from the trainable mentally handicapped class and one student from the Kinark class. At each relay station they will be aided by teachers who will be on hand should any difficulties arise. When on the main roads, the participants will be accompanied by two OPP cruisers.

The relay will be just the beginning of month-long plans focusing on the Winter Olympics, being held next month in Calgary, Alberta. In classrooms, most teachers will be modifying their course programs to fit into with the theme of the Olympics: history students will learn when the Olympics started; geography students will find out more about the dif-

continued page 2

CURRY CHEVROLET BUICK GMC
Proudly Serving & Supporting Our Local Communities Since 1923



BAUMGARTNER
(B|R)
REALTY GROUP
RE/MAX®
PROFESSIONALS NORTH
BAUMGARTNER REALTY
INDEPENDANTLY OWNED AND OPERATED



Nicole Baxter,
Sales Representative

Rosemarie Jung
Sales Representative

Karen Wood
Broker

Linda Baumgartner
Broker of Record

Nicole Baumgartner
Broker

Kim Barnhart
Client Care Manager

Connie Dykstra
Client Care Assistant

LINDA BAUMGARTNER
BROKER OF RECORD

OFFICE (705) 457-3461
DIRECT (705) 457-6508

1047 PARISH LINE ROAD, HALIBURTON ON K0M 1S0 CONTACT@HALIBURTONREALESTATE.ON.CA WWW.HALIBURTONREALESTATE.ON.CA

TWELVE MILE LAKE ROAD \$1,995,000



A RARE FIND! 1677 feet of frontage and 6+ acres fronting on both beautiful Twelve Mile Lake and Little Boshkung Lake. This point lot is totally private and takes in multiple exposures and has stunning lake views. The historic "Strathcona Lodge" was located here. The original foundation is still present and has the potential to be built on. Two small historic cabins are also on the subject property. Don't miss this opportunity to build your dream home or getaway on one of the most peaceful settings in Haliburton County.

Price is plus HST

WENONA LAKE ROAD \$799, 000



Looking for privacy in a large, spacious home on a year-round road, close to Haliburton Village? Stop looking! This amazing 4+bed/3 bath home on 50+ acres has everything you need. Warm wood finishes welcome you into a large eat-in kitchen, highlighted with the character and charm of an antique wood cookstove. Pantry for added storage. Two living rooms provide space for the whole family. A large garage with commercial size door offers amazing opportunities for the mechanically inclined. Hardwood forest with pretty trails for outdoor adventures. Enjoy more of the outdoors with Wenona Lake boat launch minutes away.

UNICORN ROAD \$549,000



Your opportunity for a secluded, peaceful off grid Haliburton retreat is here! This 237 acres is the perfect destination to enjoy nature's natural beauty. Fantastic trails throughout the property. Nestled amongst the trees with a tranquil view of one of the many ponds, is a cute 22 x 22 cabin. The wood finishings throughout creates a warm and cozy feeling. Settle in and warm up in front of the wood burning stove. 24 x 24 detached garage is the ideal building to store all of your year round toys. Quick access to amenities in Haliburton Village and cell service throughout the property keeps you in the loop while enjoying your escape from the hustle and bustle.

KAWAGAMA LAKE \$279,000



Stunning south views across the lake. This property has a fantastic shoreline of mixed sand/gravel gradual entry to the water. Hydro is at the lot line and there is good cell service. This is easily accessible from either marina on the lake. Enjoy this affordable lot in the summer while you make your plans for your new cottage. Great fishing year-round and fantastic snowmobiling in the winter.

WHAT OUR CLIENTS
HAVE TO SAY..

I want to express my sincere thanks for your professional handling of the sale of my cottage and for making the whole process as seamless and stress free as possible, from start to closing. It was a pleasure working with you - I appreciated your 'straight-ahead' approach and always felt I could depend on your advice and answers to my questions. I especially appreciated your guidance through all the offers in helping me find the right buyer for my property.

H.Matthews

